


PE Department - Year 9: Girls

 Pupils should build on and embed the physical development and skills learned in Key Stage 2. Students will develop competence to excel in a broad range of physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will develop their knowledge of the benefits of leading a healthy active lifestyle.						
Shirley High Curriculum Map	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Netball	Badminton & Fitness	Table Tennis	Fitness	Athletics	Tennis & Rounders
Why Now?	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 	<ul style="list-style-type: none"> Build knowledge and performance for GCSE PE Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport. Build students' understanding of fitness and its impact on physical, social and mental well being. Develop an understanding of different types of training and activities, and how they improve fitness. 	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 	<ul style="list-style-type: none"> Competitions local & regional. Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport
Fundamental Concepts	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Netball. Improve the quality of skills using various techniques and evaluation to improve performance.	Use skills and a variety of types of shots and tactics to outwit the opposition in Badminton. Improve the quality of skills using various techniques and evaluation to improve performance	Use skills and a variety of types of shots and tactics to outwit the opposition in Table Tennis. Improve the quality of skills using various techniques and evaluation to improve performance	Improve levels of fitness by maintaining high levels of physical activity in training methods. Evaluate strengths and weaknesses through fitness testing.	Accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. Evaluate aspects of technique and use the information to become more technically proficient.	Replicate and improve individual technique in serving & returning (tennis) and batting, bowling and fielding (rounders), with the intention of outwitting opponents Evaluate aspects of technique and use the information to become more technically proficient
Students will...	<p>Motor proficiency -</p> <p>Further develop explanations and performance of attacking principles such as stance/footwork, passing and movement off the ball, dodging and shooting, through conditional and competitive situations.</p> <p>Further develop explanations and performance of defensive principles such as marking the ball, player and space and intercepting through drills through conditional and competitive situations.</p> <p>Rules, strategies and tactics</p> <p>Apply knowledge of the rules surrounding match play through officiating roles.</p> <p>Apply knowledge of the basic strategies and tactics through a coaching role.</p> <p>Health</p> <p>Physical - Learn to maintain high levels of physical activity.</p> <p>Mental - Develop resilience and confidence.</p> <p>Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>Develop understanding of the cardio and respiratory systems and the short term effects of exercise.</p>	<p>Motor proficiency -</p> <p><u>Badminton</u></p> <p>Explain and perform how to execute a serve, overhead shot, underarm shot, drop shot using the correct grip, through conditional and competitive situations.</p> <p>Rules, strategies and tactics –</p> <p>Develop knowledge of the rules surrounding match play.</p> <p>Develop knowledge of the basic strategies and tactics.</p> <p><u>Training Methods</u></p> <p>Weight training</p> <p>Explain and perform upper and lower body resistance exercises while maintaining high levels of physical activity.</p> <p>Plyometric training</p> <p>Explain and perform a plyometric circuit while maintaining high levels of physical activity.</p> <p><u>Fitness Testing</u></p> <p>Explain, perform and record results of the following tests:</p> <p>Press up drop test Grip strength test Vertical jump test</p> <p>Health</p> <p>Physical - Learn to maintain high levels of physical activity.</p> <p>Mental - Develop resilience and confidence.</p> <p>Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>Develop understanding of the cardio and respiratory systems and the short term effects of exercise.</p>	<p>Motor proficiency -</p> <p>Explain and perform a legal serve, flick, smash and push shot through conditional and competitive situations.</p> <p>Rules, strategies, and tactics-</p> <p>Develop knowledge of the rules surrounding match play.</p> <p>Develop knowledge of the basic strategies and tactics.</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity.</p> <p>Mental - Develop resilience and confidence.</p> <p>Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>Develop understanding of the cardio and respiratory systems and the short term effects of exercise.</p>	<p>Motor proficiency -</p> <p><u>Training Methods</u></p> <p>Weight training</p> <p>Explain and perform upper and lower body resistance exercises while maintaining high levels of physical activity.</p> <p>Plyometric training</p> <p>Explain and perform a plyometric circuit while maintaining high levels of physical activity.</p> <p><u>Fitness Testing</u></p> <p>Explain, perform and record results of the following tests:</p> <p>Press up drop test Grip strength test Vertical jump test</p> <p>Health</p> <p>Physical - Learn to maintain high levels of physical activity.</p> <p>Mental - Develop resilience and confidence.</p> <p>Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>Develop understanding of the cardio and respiratory systems and the short term effects of exercise.</p>	<p>Motor proficiency -</p> <p>Further develop explanations and performance of throwing events (Shot Put, discus, javelin) through conditional and competitive situations.</p> <p>Further develop explanations and performance of sprint events (100m, 200m, sprint start) through conditional and competitive situations.</p> <p>Further develop explanations and performance of middle and long distance events (800m and 1500m) through conditional and competitive situations.</p> <p>Further develop explanations and performance of a 4x100m relay through conditional and competitive situations.</p> <p>Rules, strategies and tactics –</p> <p>Further develop knowledge of the rules surrounding sprint starts, legal throws and lane protocol during changeovers.</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity.</p> <p>Mental - Develop resilience and confidence.</p> <p>Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>Develop understanding of the cardio and respiratory systems and the short term effects of exercise.</p>	<p>Motor proficiency -</p> <p><u>Rounders</u></p> <p>Develop explanations and performance of batting attacking and defensive shots, in conditioned and competitive situations.</p> <p>Develop explanations and performance of legal bowling technique in conditioned and competitive situations.</p> <p>Develop explanations and performance of barrier techniques in conditioned and competitive situations.</p> <p>Rules, strategies and tactics –</p> <p>Further develop knowledge of the rules surrounding match play.</p> <p>Further develop knowledge of, the basic strategies and tactics</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity.</p> <p>Mental - Develop resilience and confidence.</p> <p>Social - Develop teamwork and social skills within an active environment.</p> <p>Motor proficiency -</p> <p><u>Tennis</u></p> <p>Explain and perform groundstrokes, volleys and serves in conditioned and competitive situations.</p> <p>Rules, strategies and tactics –</p> <p>Develop knowledge of the rules surrounding match play.</p> <p>Develop knowledge of, the basic strategies and tactics</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity.</p> <p>Mental - Develop resilience and confidence.</p> <p>Social - Develop teamwork and social skills within an active environment.</p>

						Theory content – Develop understanding of the cardio and respiratory systems and the short term effects of exercise.
Language for Life (Key terms /Vocabulary)	Key words- Pivoting; dodge footwork; interception, marking; rebound, footwork, obstruction and contact. Offside. Principles of attack and defence; keeping possession; intercepting, marking, Dodging, Obstructing, stepping technique. Offside. Components of fitness Agility; Coordination; Balance; speed, Muscular endurance & Flexibility Heart rate; training zones; muscular endurance; cardiovascular endurance; interval training; speedplay; short term effects of exercise; long term effects of exercise;	<u>Badminton</u> Serve, flick serve, overhead clear, underarm shot, drop shot, coaching; officiating; umpiring <u>Fitness</u> Heart rate; training zones; muscular endurance; cardiovascular endurance; interval training; speedplay; short term effects of exercise; long term effects of exercise;	Serve, flick, smash, push, topspin, backspin, footwork, grip,, fluency, accuracy, control, officiating.	<u>Fitness</u> Heart rate; training zones; muscular endurance; cardiovascular endurance; interval training; speedplay; short term effects of exercise; long term effects of exercise;	Olympics; running; lead leg, trail leg; stride length; cadence; leg and arm action; head position; pacing; throwing; grip; stance; <i>release</i> and follow-through; angle of release; jumping; approach; run; acceleration; maintaining momentum; take off and lift; arm action; baton; bell; lap; discus; javelin; hammer; shot; hurdles; long jump; high jump; false start; lap; sprinting; middle/ long distance; marathon; relay; records; starting blocks; coaching; officiating; umpiring; tactics strategies Components of fitness relevant to Athletics – Speed; Power; Agility; Reaction Time Stamina; Balance, Flexibility. Components of warming up specific to Athletics – pulse raiser, static stretching sports specific re-warm. Intro terminology to muscles	<u>Rounders</u> Stance; body position; follow-through; mechanics of movement; no ball; batting order; bowling techniques; anticipation field placements; tactics; strategies; coaching; officiating; umpiring, <u>Tennis</u> Racket; Ball; Court; Serve; Forehand; Backhand; Volley; Smash; Ace; Double fault; Rally; Love; Deuce; Break point; Set; Game; Match; Advantage; Topspin; Slice; Cross-court; Down the line; Net; Netting; Foot fault; Baseline; Service box; Tiebreak; Umpire; Linesman; Overhead; Court surface; Grass; Clay; Hard court; Singles; Doubles; ATP; WTA; Grand Slam; Australian Open; French Open; Wimbledon; US Open; Champion; Seed; Tournament; Injury timeout.
Extended writing Opportunities						
Maths Across the Curriculum	Angles, Shape percentages/ratios/averages	Scoring, Angles, percentages/ratios/averages/ Time	Scoring, decimals, angles, distance, percentages	Scoring, decimals, angles, distance, percentages	Measuring distances/time splits/WRs collating data & comparing recordings against other bests). Angles, percentages	Scoring, Angles, percentages/ratios/averages
Links to careers/ aspirations	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within personal Training and sports centre management.	Direct students to career pathways within education – PE teacher, college and university sports lecturer.	Direct students to career pathways within personal training and sports centre management	Direct students to career pathways in sport therapies – physiotherapy, injury rehab and sports psychology.	Direct students to career pathways in sports journalism, sports photography and advertising.
Cultural Capital	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.
Practical Application of Skills	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in performances and routines.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.