

# Y9 PHYSICAL EDUCATION



## PHYSICAL EDUCATION AT YARDLEYS

**INTENT:** To provide an enriched and broad curriculum which gives pupils the; knowledge, skills, passion and independence to participate in a wide range of activities competitively. A curriculum that is ambitious, tangible and one that will inspire, giving pupils the confidence and desire to continue to be physically active beyond Yardleys. A curriculum committed to nurturing responsible individuals with a deep understanding of the lifelong benefits of good health and fitness, where pupils leave endeavouring to develop good lifestyle habits to secure lifelong personal health

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Students will perform fundamental skills and perform advanced skills in competitive full sided games in the activity areas; striking and fielding and athletics

## YEAR 9

	Gymnastics & Dance Net and Wall Games - Badminton	Fitness and Problem Solving Invasion Games - Rugby	Striking and Fielding Athletics
<b>SUBSTANTIVE KNOWLEDGE</b>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>• What types of warm ups can be carried out?</li> <li>• What techniques can I use to maximize my precision, control and fluency?</li> <li>• How can I increase the difficulty and complexity of my sequence or group performance?</li> <li>• How can I be creative and make my sequence flow better and be more aesthetically pleasing?</li> <li>• What type of feedback can I give to aid own and peer performance improvement?</li> </ul> <p><u>Net and Wall Games</u></p> <ul style="list-style-type: none"> <li>• What different warm ups can be carried out?</li> <li>• How can the service can be used to control the game?</li> <li>• What are the different shots that can be played to win?</li> <li>• What tactics can be utilised when playing doubles?</li> <li>• What is the scoring and serving system used In doubles?</li> </ul>	<p><u>Fitness and Problem Solving</u></p> <ul style="list-style-type: none"> <li>• What type of exercises and timings would be needed in a circuit training session to improve muscular endurance?</li> <li>• What are the principles of overload?</li> <li>• Why is muscular endurance such an important component?</li> <li>• How can I mark out an orienteering course correctly?</li> <li>• What specific skills are for problem solving tasks?</li> </ul> <p><u>Invasion Games</u></p> <ul style="list-style-type: none"> <li>• What different ways can I score?</li> <li>• What different warm ups can be carried out?</li> <li>• What techniques and strategies can myself and my team to stop the opposition moving forward?</li> <li>• What techniques can I employ to effectively intercept?</li> <li>• What team strategies and concepts will help in attack?</li> <li>• What specific type of pass (es) can help keep possession?</li> </ul>	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> <li>• What skills based practices will help improve my batting, bowling and fielding consistently under pressure?</li> <li>• What are the specific teaching points for overarm bowl?</li> <li>• Where can I hit the ball to increase pressure on the opposing team?</li> <li>• What specific shots can be used to increase difficulty for fielders?</li> <li>• What specific strategies and tactics can me and my team employ to outwit opponents</li> </ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>• What are the different range of tactics and strategies that I can display to beat my opponents?</li> <li>• What more advanced skills can I employ to generate more power and achieve my personal best? (i.e sprint start position)</li> <li>• How can advance techniques to achieve my personal best?</li> <li>• What are the England Athletics Association Rules for each discipline? (i.e various rules for zones and changeovers)</li> </ul>
<b>DISCIPLINARY KNOWLEDGE</b>	<ul style="list-style-type: none"> <li>• Using and applying advanced techniques</li> <li>• Working as a team</li> <li>• Problem solving</li> <li>• Evaluating performance</li> <li>• Application of skills in more demanding scenarios)</li> <li>• Evaluating performance</li> <li>• Following and applying fundamental rules</li> <li>• Eliminating opponents consistently</li> <li>• Application of skills when under sustained pressure</li> <li>• Application of tactics and strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Perform advanced skills</li> <li>• Problem solving</li> <li>• Evaluating performance</li> <li>• Performing at maximum levels consistently</li> <li>• Design a fitness plan or orienteering course</li> <li>• Application of tactics and strategies</li> <li>• Application of skills specific disciplines competition</li> <li>• Following and applying NGB rules</li> <li>• Working as a team</li> <li>• Eliminating opponents under sustained pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Following and applying fundamental rules</li> <li>• Working as a team</li> <li>• Problem solving in competitive scenarios</li> <li>• Evaluating full skill performance (in competitive scenarios)</li> <li>• Eliminating opponents consistently when under pressure</li> <li>• Application of skills when under pressure</li> <li>• Application of tactics and strategies and practices in competition</li> <li>• Perform advanced skills in isolation or in combination in a timely sequence in full competition</li> <li>• Performing at maximum levels in full competition</li> </ul>

We aim to provide students with a curriculum that educates the whole child, creating responsible and respectful citizens. Through the development of substantive and disciplinary knowledge students are given the tools that allow them to achieve excellence and be ready for life.