

PE Curriculum Map: Year 9

AUTUMN TERM

GYMNASTICS- Trio work. Floor and apparatus



- Skill development:
- Body control
 - Trio balances
 - Counter balance
 - Counter tension
 - Jumping
 - Rolling
 - Inversion
 - Sequence building

BASKETBALL



- Skill development:
- Hand eye co-ordination
 - Catching skills
 - Throwing skills
 - Attacking and defending skills
 - Lay up
 - Set shot
 - Basic rules

DANCE -The Greatest Showman



- Skill development:
- Performance - Students will learn key set phrases with influences from the film 'The Greatest Showman'
 - Choreography - Students will create solo, duet and group phrases in the style, using a prop
 - Students will develop understanding of actions and space in dance

- Skill Development
- Throwing skills
 - Catching skills
 - Spatial awareness
 - Agility
 - Basic attacking and defending

TAG RUGBY



NETBALL



- Skill development:
- Hand eye co-ordination
 - Catching skills
 - Throwing skills
 - Attacking and defending skills
 - Rules and tactics

SPRING TERM

HANDBALL



- Skill development:
- Dribbling
 - Passing
 - Control
 - Basic attacking and defending
 - Rules and tactics



SWIMMING

- Skill development:
- Water confidence
 - Stroke development
 - Gliding
 - Floating

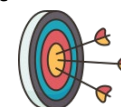


Students will learn different training methods:

- Circuit training
- Strength and conditioning
- Boxercise
- Yoga/Pilates

FITNESS

OUTDOOR EDUCATION



- Skill development:
- Track events
 - Running technique
 - Sprint
 - Middle distance
 - Sprint starts
 - Hurdles
 - Relay

- Skill development:
- Throwing
 - Catching
 - Bowling
 - Batting
 - fielding
 - Basic tactics

- Skill development
- Forehand
 - Backhand
 - Volley
 - Serve
 - Basic rules and tactics

ATHLETICS-Field

- Skill development:
- Throwing
 - Catching
 - Batting
 - Fielding
 - Wicket keeping
 - Bowling

CRICKET



- Skill development:
- Field events
 - Throwing -Shot put, Javelin, Discus
 - Jumping- Standing long jump, Standing triple jump

TENNIS/PICKLE BALL



ROUNDERS



ATHLETICS-Track



- Students will have lessons in:
- Problem solving
 - Orienteering
 - Archery

All activities encompass:

Health & fitness

- Why the body changes during exercise
- Long term effects of exercise on the body
- How to improve fitness

Problem solving/social skills

- Work collaboratively

Analysis

- Comment and evaluate performances
- Compare performances
- Understand how to improve a performance

Skill development

- Refine skills learned in Year 7 and 8