ICKNIELD HIGH SCHOOL **KEY STAGE 3 PE CURRICULUM**

'Raising the Achievement of All'

WELL-SEQUENCED **CONTEXUALISED/INCLUSIVE** **AMBITIOUS**

SUBJECT: Physical Education **Year: 9**

Key Theme	Invasion Games	Striking and fielding games	Net games	Fitness	Athletics
Key Questions	**What should 'X' skill look like?** **Why would you perform 'X' skill in a given situation?** **Can you demonstrate control in a competitive situation?** **How can you be effective in a competitive situation?** **What different tactics will you apply when attacking and defending?**	**What does underarm/overarm throw look like?** **How do we catch the ball successfully?** **What fielding tactics could you use to outwit the other team?** **Where could we place our fielders?** **Where can you target to hit the ball and why?**	**Can you demonstrate 'X' skill?** **How can you be effective in a competitive situation?** **What tactics can be used in a singles/doubles to be successful?** **How can we move our opponent around the court and why is this important?**	**Why is exercise important?** **What is cardiovascular endurance and how can we improve it?** **How can good fitness levels impact sporting performance?** **What training methods can we use to improve different fitness components?**	**Can you explain the technique required for a particular event?** **What components of fitness would be useful for a given event?** **How can you improve yourself / others?** **What are your strengths?**
Content: 'Know what'	**Girls:** Netball, football, basketball, rugby and handball **Boys:** Rugby, football, hockey, handball and basketball The development of knowledge of skills, the principles of attack and defence decision making, rules and tactics	**Girls:** Rounders **Boys:** Cricket Developing sport specific technical skills, and knowledge of rules, tactics and outwitting opponents	**Boys and Girls:** Table tennis, badminton and tennis Development of skills and knowledge of rules, tactics and decision making when performing/coaching and officiating	**Boys and Girls:** Fitness tests Fartlek training Continuous training Interval training Develop an understanding of the different fitness components and methods of training whilst improving fitness levels.	**Boys and Girls:** 100m 200m 800m Relay Shot Put Discus Javelin High Jump Developing knowledge and understanding of correct technique for fielding and running events and how to

					safely compete. Understanding of fitness components required to take part in a range of a different events.
Expertise: 'Know how'	Be able to perform a range of skills in both non-competitive and competitive situations. Be able to apply the principles of attack and defence to game situations. Apply knowledge of rules and tactics to game situations.	Be able to perform accurate bowling, throwing, catching, batting and fielding skills.	Looking at developing skills in isolation before adding competition to outwit opponents in singles and doubles formats**.** Skills: - Serving - Forehand - Backhand - Use of spin - Lob - Smash - Drive and Volley	Be able to complete a range of different fitness tests. Complete different methods of training to improve a range of fitness components	Know how to perform the different events Knowledge of how to improve yourself/others performances How to measure jumps and throws How to start and time races Tactics relating to competitive situations
Literacy/ Numeracy/ SMSC	**Literacy:** Oracy when communicating with others. Match reports, completing worksheets. **Key words:** - Invade - Outwit - Tactics - Skill - Technique - Attack - Defence **Numeracy:** Scoring and running of tournaments	**Literacy:** Oracy when communicating with others. Improving your own and others performance. **Key words:** - Fielding - Batting - Tactics - Skill - Technique - Boundaries - Runs - Wicket - Rounders - Home run **Numeracy:**	**Literacy:** Oracy when communicating with others. Improving your own and others performance. **Key words:** - Outwit - Tactics - Skill - Technique - Drop shot - Smash shot - Backhand - Forehand - Serve **Numeracy:** Scoring games	**Literacy:** Oracy when communicating with others. Improving your own and others performance. **Key words:** - Fitness components - Methods of training - Cardiovascular endurance - Muscular endurance - Strength - Speed - Power - Flexibility **Numeracy:** Recording fitness test scores.	**Literacy:** Improving your own / others performance **Key words:** - Field events - Track events - Pacing - Personal Best - Recording - Timing **Numeracy:** Recording of times/distances. Adding points for a competition.

		Scoring games			
SMSC	Teamwork**:** Overcoming conflict, communication, working with others. Problem solving and critical thinking. Resilience when learning a new skill and performing in a match or event. Creativity, leadership and confidence.				
Disciplinary literacy	Definition of key words (Tier 2-3) through Q and A. Oracy skills developed through team discussions Optional academic reading from the PE corner in the library				
Careers	Class discussion on career pathways linking to PE in sport and the end of each block (8th lesson of each sport or physical activity) SharePoint resources to specific highlight careers in PE Specific careers paths through PE: - Professional athlete - Sport analysis - Sports coach - Physio therapist - Leisure centre manager - Personal trainer - Working in the public services (firefighter, police, paramedic) Sports Scientist Optional University trip: Students who are interested in picking GCSE PE will have an opportunity to sign up to a trip to Hertfordshire university. This gives students the opportunity to see what further education they could seek within PE and potential career paths. Work experience: Opportunities will be given to selected students to take part in the leadership academy. This involves volunteering to help run sporting events for primary school students.				