

CURRICULUM SEQUENCING; PE *Serviam; Developing our gifts and talents for the good of others.*

Academic Year	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
<u>Year; 9</u>	All lessons are double lessons.		
Autumn A/B	<p>Football 1 x double PE lesson @ MP</p> <p>Teamwork skills embedded into this SoL</p> <p>BHM embedded into Aut A – a focus on ‘Kick it out’ and ‘Show racism the red card’.</p>	<p>Football;</p> <ul style="list-style-type: none"> * Dribbling with the ball * How to take on a player - creativity on the ball * Passing using all parts of the foot/ while on the move * taking a throw in * Marking * Attacking and defending space * Some goalkeeping skills - the use of the hands/ smothering the ball, angles in the box and communicating with the team to support. 	<p>Football; Students are assessed on their best 4 skills in isolation/ in competition from all taught.</p> <p>EMB – Football – Application of skills into competition.</p> <p>As part of the unit of work students will develop their own drills, take on leadership roles & responsibilities and take part in round-robin competitions so they understand how these run.</p>
Autumn A/B	Netball 1 x double lesson per week	Students will be put into team at the start of the unit of work - they will remain in there teams and take part in a 5 week competition. They must come up with their own warm up routine and warm up drills. Each member of the team will be responsible for an aspect of the team development. Umpiring, coaching, leading, captain etc.. Each week they will play a number of other teams, reflect on their team performances and plan for the following week to improve their game play / tactics.	<p>Students are assessed on their best 4 skills in isolation/ in competition from all taught.</p> <p>EMB – Application of skills into competition.</p> <p>As part of the unit of work students will develop their own drills, take on leadership roles & responsibilities and take part in round-robin competitions so they understand how these run.</p>

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<p>Spring A/B</p> <p>Depending on space and the timetable student can have an option to do cycling during this term.</p>	<p>Basketball 1 x double lesson</p>	<p>Basketball; development of skills introduces in yr8. Development of these through full game play & competition.</p> <ul style="list-style-type: none"> * Dribbling the ball/ attacking space / attacking the basket. * Shooting in and around the Key / 3 point shooting * Complete Lay-up in game situation * Marking/ defending / blocking * full & half-court pressing * Rebounding effectivity (defence and attack) 	<p>Skills in isolation/ in competition; Students are practically assessed on their best 4 skills from all taught. These skills are then assessed in full court games to show skills during competition/ under pressure.</p> <p>EMB – Basketball and effectiveness in competition.</p>
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Spring A/B	<p>Cross Country - cardiovascular fitness & linking physical health with mental health, each week there is a new health focus linking regular exercise to health & wellbeing.</p>	<p>Cross Country - cardio-vascular fitness; Students complete their own warm-up & stretch.</p> <p>Students run the cross country route each week working on pacing and their running technique. Their aim is to improve their fitness and times to complete the course.</p> <p>Skills; Pacing Mental rehearsal Focus Resilience Determination Physical strength Motivation</p>	<p>Cross Country; Assessment is based on their time to complete the course. Students aim to improve their times from week one to week 6.</p> <p>Personal challenges are set by each student.</p> <p>EMB: Effectiveness of demonstrating tactics such as pacing and 'jeffing' as an interval method of pacing.</p>
Summer A/B	<p>Sports Day Prep - ATHLETICS 1 x double lesson Summer A</p> <p>and</p> <p>Cricket (Soft ball) 1 double lesson – Summer B.</p>	<p>Sports Day Prep - students select and practice their individual athletic event. Skills developed are individual to each event.</p> <p>Cricket; Kwik/ diamond Cricket (soft ball)</p> <ul style="list-style-type: none"> * Batting - correct batting technique - striking the ball, aiming / placing the strike * Fielding skills - bowling underarm/ over-arm with speed * long and short fielding / throwing in general * long and short barriers * Development of wicket keeper skills- basic keeping skills. 	<p>EMB; Cricket</p> <p>Students are assessed on 4 skills in isolation from all taught. They then perform these skills in small competitive situations / game play.</p>