

Curriculum Overview – Year 9 core Physical Education

Unit Title	Learning	How can parents best support?
Leadership	<p>Throughout all activities students will gradually develop leadership skills allowing them to become more autonomous in their learning and develop skills required for future employability.</p> <p>Students are provided with roles in lesson relating to different aspects of sports leadership.</p> <p>S – Skills leader P – Preparation leader O – organisation leader R – Revision leader T – Tactics leader</p>	<p>Ensure your child bring weather appropriate PE kit to every lesson.</p> <p>Encourage your child to attend a range of extra-curricular clubs to improve performance.</p> <p>Encourage your child to read about activities they are unfamiliar with to enhance their knowledge and understanding.</p> <p>Follow our department twitter account for regular updates @TSA_peddept</p>
Invasion activities: Football Netball Handball Basketball	<ul style="list-style-type: none"> • Embedding core skills and refinement of advanced skills in variable situations in order to develop fluency. • Application of core skills and advanced skills within conditioned games in order to develop confidence whilst under pressure. • Application of core skills and advanced skills within a competitive situation in order to outwit opponents in attack and defence. • Application of rules, regulations and positioning • Analysis of own and others performances against practical criteria. 	

<p>Net and Wall activities:</p> <p>Badminton Table Tennis</p>	<ul style="list-style-type: none"> • Embedding core skills and refinement of advanced skills in variable situations in order to develop fluency. • Application of core skills and advanced skills within conditioned games in order to develop confidence whilst under pressure. • Application of core skills and advanced skills within a competitive situation in order to outwit opponents in attack and defence. • Application of rules, regulations and positioning around the court and table. • Analysis of own and others performances against practical criteria. 	
<p>Aesthetic activities:</p> <p>Cheerleading Dance Gymnastics Trampolining</p>	<ul style="list-style-type: none"> • Repetition of core skills and advanced skills through variable practices in order to develop fluency. • Application of core skills and advanced skills within a sequence / motif / routine in order to develop creativity and quality of performance. • Understanding of how to make a performance look aesthetically pleasing by considering use of levels, speed and direction. • Analysis of own and others performances against practical criteria. 	

<p>Striking and fielding</p> <p>Rounders Cricket Softball</p>	<ul style="list-style-type: none"> • Embedding core skills and refinement of advanced skills in variable situations in order to develop fluency. • Application of core skills and advanced skills within conditioned games in order to develop confidence whilst under pressure. • Application of core skills and advanced skills within a competitive situation in order to outwit opponents in attack and defence. • Application of rules, regulations and positioning Analysis of own and others performances against practical criteria. 	
<p>Athletic / maximum levels:</p> <p>Athletics Fitness</p>	<ul style="list-style-type: none"> • Embedding core skills and refinement of advanced skills / fitness techniques in order to develop fluency. • Application of core skills and advanced skills within conditioned games in order to develop confidence whilst under pressure. • Application of core skills and advanced skills within a competitive situation in order to outwit opponents in attack and defence. • Application of rules, regulations and positioning • Analysis of own and others performances against practical criteria. • Advanced knowledge and understanding of how the body works and adapts during physical activity. 	