Transformation for all, we want all young people, to be transformed by the renewing of their minds and to live life in all its fullness

Curriculum map Physical Education

Year 9

	Invasion Games	Striking and Fielding	Net games	Health and Fitness	Athletics	Gymnastics/Dance			
End Point Knowledge (Objective)	Know how to play in full sided games and apply the rules and tactics. Able to respond to changing situations within the game in attack and defence.	Know how to play in full sided games. Able to identify and implement the principles of attack and defence whether fielding or batting.	Know how to play a full game of singles and doubles and apply all the rules. Can identify and recognise similarities in principles of attack and defence tactics.	Know the benefits of different methods and types of training. Can accurately replicate techniques required for specific exercises during training.	Know how to accurately replicate techniques for running, jumping and throwing. Has developed the skills of sprinting, sustained running, jumping and throwing.	Know how to accurately replicate shapes, turns, rolls, jumps and rotational movements. Pupils will be able to demonstrate correct take-off and landing technique.			
Assessment task (s)	Position specific role in a full sided or modified practice game,	In a full size game in the roll of either batter or bowler	During tournament play in a full singles or doubles match.	Fitness testing against normative data and during During exercise and fitness training.	Technique based assessment against BA performance criteria.	Performance of skills based routine assessed against BG performance criteria.			
Key text and vocabulary	AQA GCSE 9-1 PE Hodder Education, BBC Bitesize – Cardio Vascular Endurance, Cardiac Output, Stroke Volume, Diastole, Systole, Ventricles, EPOC Excess Post- Exercise Oxygen Consumption, Residual Volume, Expire, Deep Breathing, Aerobic Training Zone, Alveoli, Planes and Axis, Isometric Contraction, Isotonic Contraction, Golden Triangle, Sponsorship,								
Link with	AO1 – Demonstrate	A01 -	A01-	AO1 – Demonstrate	AO1 – Demonstrate	AO1 – Demonstrate			
GCSE/ A	knowledge and	Demonstrate	Demonstrate	knowledge and	knowledge and	knowledge and			
Level	understanding of	knowledge and	knowledge and	understanding of the	understanding of the	understanding of the			
	the factors that underpin performance and	understanding of the factors that underpin	understanding of the factors that underpin	factors that underpin performance and involvement in	factors that underpin performance and involvement in	factors that underpin performance and involvement in physical			
	involvement in physical activity and sport. • AO2 – Apply	performance and involvement in physical activity	performance and involvement in physical activity	physical activity and sport. • AO2 – Apply knowledge and	physical activity and sport. • AO2 – Apply knowledge and	activity and sport. • AO2 – Apply knowledge and understanding of			
	knowledge and understanding of the factors that	and sport. • AO2 – Apply knowledge and understanding	and sport. • AO2 – Apply knowledge and understanding	understanding of the factors that underpin performance and	understanding of the factors that underpin performance and	the factors that underpin performance and involvement in			
	underpin	of the factors that	of the factors that	involvement in	involvement in	physical activity and			
	performance and	underpin	underpin	physical activity and	physical activity and	sport. • AO3 – Analyse			
	involvement in	performance and	performance and	sport. • AO3 – Analyse	sport. • AO3 –	and evaluate the factors			
	physical activity and	involvement in	involvement in	and evaluate the	Analyse and evaluate	that underpin			
	sport. • AO3 –	physical activity	physical activity	factors that underpin	the factors that	performance and			
	Analyse and	and sport. • AO3 –	and sport. • AO3 –	performance and	underpin	involvement in physical			

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	evaluate the factors	Analyse and	Analyse and	involvement in	performance and	activity and sport. •		
	that underpin	evaluate the	evaluate the	physical activity and	involvement in	AO4 – Demonstrate and		
	performance and	factors that	factors that	sport. • AO4 –	physical activity and	apply relevant skills and		
	involvement in	underpin	underpin	Demonstrate and	sport. • AO4 –	techniques in physical		
	physical activity and	performance and	performance and	apply relevant skills	Demonstrate and	activity and sport.		
	sport. • AO4 –	involvement in	involvement in	and techniques in	apply relevant skills	Analyse and evaluate		
	Demonstrate and	physical activity	physical activity	physical activity and	and techniques in	performance.		
	apply relevant skills	and sport. • AO4 –	and sport. • AO4 –	sport. Analyse and	physical activity and			
	and techniques in	Demonstrate and	Demonstrate and	evaluate performance.	sport. Analyse and			
	physical activity and	apply relevant skills	apply relevant skills		evaluate			
	sport. Analyse and	and techniques in	and techniques in		performance.			
	evaluate	physical activity	physical activity					
	performance.	and sport. Analyse	and sport. Analyse					
		and evaluate	and evaluate					
		performance.	performance.					
Challenge:	Complete the core	Can perform the	Chooses appropriate	Can plan a specific	Some precision,	Demonstrates a		
All students	skills of running	skills of bowling	shot in most	exercise routine to	control	competent level of skills,		
	passing and shooting	batting and fielding	situations to return	improve an individual	and fluency, as	techniques and		
More able	with increasing	with control	the	aspect of fitness	appropriate to the	decision making, with		
students	mastery.		ball or create		chosen track and field	some precision, control		
stuuents			openings to		event,	and fluency,		
	Demonstrate a good	Apply batting,	dominate rallies,					
	level of	fielding and bowling		Can justify exercise	Good skills and	Demonstrates a good level		
	communication and	techniques with	Demonstrates a good	selection and link it to	techniques, with	of skills, techniques and		
	technical, tactical, influence on team	increased accuracy	level of skills,	individual needs	mainly accurate timing and consistency of	decision		
	performance	and speed.	techniques and decision making, with		application,	making, with good		
	performance		very good precision,		application,	precision, control and fluency,		
Opportunity	Socio cultural	International sports	Feminist perspective.	Physical, emotional and	Olympic ideology and	Olympic ideology and		
	influences –	and games. The	Appreciation of	social health and	national identity	national identity		
Love, Hope,	Participation of	global community	Female success at	wellbeing.				
Trust	specific groups in	and cultural identity	Wimbledon.	0-				
	sport.	······						
Enrichment/	Participation in the exte							
Cultural	external school sports co							
	district and regional teams. Attendance at school and community trips and residential breaks for Outdoor Education.							
enrichment	uistrict and regional teal	ms. Attendance at schoo	i and community trips ar	iu residentiai breaks for Out				

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