

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 GCSE/ A Level	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 – Analyse and	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 –	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 –	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 – Analyse and evaluate the factors that underpin performance and	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 – Analyse and evaluate the factors that underpin	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical

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	evaluate the factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.	involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.	performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.	activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.
Challenge: All students More able students	Complete the core skills of running passing and shooting with increasing mastery. Demonstrate a good level of communication and technical, tactical, influence on team performance	Can perform the skills of bowling batting and fielding with control Apply batting, fielding and bowling techniques with increased accuracy and speed.	Chooses appropriate shot in most situations to return the ball or create openings to dominate rallies, Demonstrates a good level of skills, techniques and decision making, with very good precision,	Can plan a specific exercise routine to improve an individual aspect of fitness Can justify exercise selection and link it to individual needs	Some precision, control and fluency, as appropriate to the chosen track and field event, Good skills and techniques, with mainly accurate timing and consistency of application,	Demonstrates a competent level of skills, techniques and decision making, with some precision, control and fluency, Demonstrates a good level of skills, techniques and decision making, with good precision, control and fluency,
Opportunity Love, Hope, Trust	Socio cultural influences – Participation of specific groups in sport.	International sports and games. The global community and cultural identity	Feminist perspective. Appreciation of Female success at Wimbledon.	Physical, emotional and social health and wellbeing.	Olympic ideology and national identity	Olympic ideology and national identity
Enrichment/ Cultural enrichment (1 per term)	Participation in the extended curriculum. Autumn, Winter and Summer provision. Representing House team, Participation in external school sports competition. Affiliation and membership with community sports clubs. Selection and performance for district and regional teams. Attendance at school and community trips and residential breaks for Outdoor Education.					

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