

# The Marches - Physical Education

## Year 9 – Curriculum Map

**The Big Picture:**  
 The aim of Year 9 is to develop skills and embed knowledge.  
 Your lessons will link to the 3 pillars of progression.  
 1) Motor competence  
 2) Rules and strategies  
 3) Healthy participation

### Athletics

To master the three fundamental skills of running, jumping and throwing in Athletics. To work individually to practice, develop and refine advanced skills. Students will further develop their physical strength, stamina and speed to cope with the demands of different activities whilst continuing to develop their mental determination to succeed. Students will take on a variety of different roles including coaching, officiating and performing.



### Striking and fielding (rounders/cricket)

You will refine existing skills and techniques needed to bat and bowl effectively. You will develop catching, fielding and throwing skills, perform them with accuracy and consistency and further develop an understanding of the rules of the game. You will apply your skills with tactical awareness while batting, bowling and fielding in games and have the opportunity to experience a range of roles i.e. performer, coach, official. Revise bowling technique to include a wider range of pace, length, variation, consistency and deception. You will learn the requirements of different fielding positions and develop further fielding skills including backstop, bases, short and deep fielding, roles and responsibilities. You will revise your batting skills – timing, placement, deception and recap position, stance and grip of the bat. You will be introduced to the use of the body weight distribution to place the ball in the field.

### Pre GCSE/Cambridge National

You will learn the phases of a warm-up and be able to deliver a warm-up to your peers. You will know the qualities and attributes of a good leader. You will know some of the leadership roles that are available in sports (manager, coach, teachers etc). You will have a basic understanding of health and safety and know what a risk assessment is. You will be given opportunities to develop your organisation and communication skills. You will be taught the process of leading a session including how to evaluate the session you led.

### Fitness/Fitness Room

You will learn how to keep your body physically fit. You will take part in a variety of activities such as workout classes, gym sessions and finding ways that work to improve your fitness.



Assessment: Spring 2

Performance and Decision Making

Summer Term

### Football

You will learn to cross the ball and improve passing quality from set pieces. You will learn dribbling skills and methods to beat an opponent with the ball. You will learn the principles of attack and defend and the contribution of individual skills to the team's overall play.



### Gym Games

You will develop and enhance your knowledge of team games and sports, such as volleyball and dodgeball. You will be given knowledge of the rules and tactics of the game and use your prior knowledge of other team games to gain an advantage in these new sports. Not only will you learn the rules, but also the basic techniques of playing, such as serving in volleyball, and the different kind of shots that can be played.

Assessment: Spring 1

Performance and Decision Making

Spring Term

### Basketball

You will learn the basic skills and rules of basketball, such as double dribble, travelling and the rules for contact. You will begin to explore different ways of scoring, such as the set shot, jump shot and layups, as well as some information about the different positions in basketball.



Assessment: Autumn 2

Performance and Decision Making

### Badminton

You will learn more shots – smash and flick serve, whilst improving the other shots. You will apply these shots aiming to outwit your opponent in games at singles and doubles.



Autumn Term

Assessment: Autumn 1  
 Leadership and Fitness/Mindset (ongoing throughout the year)

### Rugby

You will enhance your knowledge of the laws and principles of the game. You will begin to learn certain tactics of the game such as how to attack and defend as a team in different ways and begin to think about the different positions and their responsibilities. You will have opportunities to learn advanced skills such as jackalling and line out play.



### Netball

You will learn more advanced set plays and learn how to play in different positions. You will be expected to lead a small group for a warm-up and even start to lead skills and drills.

### SHOW YOUR COMMITMENT...

#### How many of these can you complete?

- Try your best in all lessons.
- Bring your PE kit to all lessons.
- Attend at least one extra curricular club each term.
- Represent The Marches in a sporting fixture.

Your Physical Education journey starts here...

