

Year 9

Subject: Physical Education

<p>Overview of the year:</p> <p>Students will build on the knowledge and skills learnt in year 7 and 8 to develop a variety of skills, rules and regulations, tactics and strategies, theoretical concepts and personal skills through a range of both team and individual activities</p>	<p>Ways to consolidate and extend your learning in PE:</p> <p>Attend Highgate Wood extracurricular clubs Join local sports clubs to extend knowledge further</p>	
<p>Unit of work & brief outline of what will be covered.</p>	<p>Key Objectives – what will students learn</p>	<p>Assessment</p>
<p>Team Games (this can include; netball, football, cricket, rounders, tag rugby)</p>	<p>Students will identify and evaluate the rationale behind most key skills and most advanced skills covered in the activity and learn to perform these skills in isolation and conditioned games. They will also make effective contribution to teams performances.</p> <p>Students will learn to identify and evaluate some of the tactics and strategies that can be used in the team game and confidently make effective decisions when faced with opposition.</p> <p>Students will be taught to identify and evaluate key rules and regulations required in the sport/activity and will apply most confidently to game situations.</p> <p>Students will learn to explain key terminology and apply sporting examples across the range of topics that can then be applied to team sports (Anatomy & physiology, sports psychology, sport & society)</p>	<p>Students will be assessed throughout and at the end of each team game studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> • Sports performance, • Decision making and strategies, • Rules and regulations, • Theoretical understanding • Personal development

HIGHGATE WOOD SCHOOL: CURRICULUM MAP FOR KEY STAGE 3

	<p>Students will be taught to analyse their teams performance by evaluating strengths and weakness and suggest ways to improve, providing effective feedback for the team. Students will lead a small group in improving individual and team performance and start to reflect on their own leadership skills</p> <p>Students will be taught the values of respect and sportsmanship in team sports for both teammates and opposition</p> <p>Students will be taught to communicate effectively within a team showing effective teamwork</p>	
<p>Individual games/activities (this can include: tennis, badminton, athletics, fitness)</p>	<p>Students will identify and evaluate the rationale behind most key skills and most advanced covered in the activity and learn to perform these skills in isolation and conditioned practices.</p> <p>Students will learn to identify and evaluate some of the tactics and strategies that can be used in the individual game/activity and confidently make effective decisions when faced with opposition.</p> <p>Students will be taught to identify and evaluate key rules and regulations required in the sport/activity and will apply most confidently to competitive situations</p> <p>Students will learn to explain key terminology and apply sporting examples across the range of topics that can then be applied to the individual sport/activity (Anatomy & physiology, sports psychology, sport & society)</p> <p>Students will begin to analyse their own performance by evaluating strengths and weakness and suggest ways to improve.</p> <p>Students will be taught the values of respect and sportsmanship in individual sports for both opposition and officials</p> <p>Students will be taught the values of respect and sportsmanship in team sports for both teammates and opposition</p>	<p>Students will be assessed throughout and at the end of each individual game/activity studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> • Sports performance, • Decision making and strategies, • Rules and regulations, • Theoretical understanding • Personal development

HIGHGATE WOOD SCHOOL: CURRICULUM MAP FOR KEY STAGE 3

<p>Dance / Gymnastics</p>	<p>Students will identify and evaluate the rationale behind most key skills and most advanced covered in a range of dance styles and perform these skills in isolation and dance motifs.</p> <p>Students will learn to identify and evaluate some of the tactics and strategies that can be used in dance competitions. Students will learn how to choreograph a dance routine to include key dance concepts and most advanced dance techniques.</p> <p>Students will be taught to identify and evaluate key rules and regulations required in dance and will apply confidently to the choreography of their dance/routine</p> <p>Students will learn to explain key terminology and apply sporting examples across the range of topics that can then be applied to dance (Anatomy & physiology, sports psychology, sport & society)</p> <p>Students will begin to analyse their own and groups performance by evaluating strengths and weakness and suggest ways to improve, providing effective feedback to the group. Students will lead a small group in improving individual and team performance and start to reflect on their own leadership skills</p> <p>Students will be taught the values of respect and sportsmanship in dance.</p>	<p>Students will be assessed throughout and at the end of each dance unit studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> • Sports performance, • Decision making and strategies, • Rules and regulations, • Theoretical understanding • Personal development
<p>Outdoor and Adventurous activities (OAA)</p>	<p>Students will identify and evaluate the rationale behind most key skills and most advanced skills covered in OAA and use these skills effectively to solve problems as an individual and group.</p> <p>Students will learn to identify and evaluate some of the tactics and strategies that can be used in OAA.</p> <p>Students will be taught to identify and evaluate key rules and regulations required OAA</p> <p>Students will learn to explain key terminology and apply sporting examples across the range of topics that can then be applied to OAA (Anatomy & physiology, sports psychology, sport & society)</p>	<p>Students will be assessed throughout and at the end of each OAA unit studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> • Sports performance, • Decision making and strategies, • Rules and regulations, • Theoretical understanding • Personal development

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	<p>Students will begin to analyse their own and groups performance by evaluating strengths and weakness and suggest ways to improve. Students will lead a small group in improving individual and team performance and start to reflect on their own leadership skills</p> <p>Students will learn how to make a contribution to team performances building on trust and effective communication. Students will also learn and demonstrate characteristics of successful leaders to benefit a group's performance, reflecting on their own leadership.</p> <p>Students will be taught the values of respect and sportsmanship in OAA</p> <p>Students will be taught to communicate effectively within a team showing effective teamwork.</p>	
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