



St Mary's CE High School Curriculum Map 23-24

Year 9 PE

Physical Education aims to create rounded students who find a passion in leading a well-balanced and healthy lifestyle through life long participation in sport and physical activity. We aim to give students the appropriate experiences and skills to be successful in further study and career opportunities in the sport industry.

Year 9 PE provides students the opportunity to draw together their learning in competitive games and scenarios. Students also have the chance to explore high level skills, techniques, tactics, styles and principles throughout the year.

	Autumn 1 & 2 Presenting sound dance performances though advanced styles and principles Exploring complex skills and sequences of movement in Gymnastics through the use of advanced equipment and choreography Advanced skills, techniques and tactics in invasion games	Spring 3 & 4 Advanced skills, techniques and tactics in invasion games How to utilise advanced team work skills sets to reach success in physical and intellectual challenges Testing components of physical fitness and how it can indicate good health	Summer 5 & 6 <i>Finding success in Athletics events in competitive situations</i> <i>Exploring and implementing refined skill, tactics and strategies in striking and fielding activities</i>
CONTENT <i>Declarative Knowledge – ‘Know What’</i>	Dance (Developing advance styles and principles, individual and group performances, advanced choreography) Gymnastics (Refining complex skills and sequences of movement, use of advanced equipment, practice and performance) Invasion Games (Refining advance skills, tactics and strategies and application during full games play)	Invasion Games (Refining advance skills, tactics and strategies and application during full games play) OAA (Resilience, adaptation, collaboration, creative problem solving, trust, performance observation and analysis, communication and intellectual and physical challenges) Net/Wall Games (Refining advance skills, tactics and	Athletics (Refining complex running, jumping and throwing techniques, using strategies in full competitive situations and rules and regulations) Striking and Fielding (Refining advance skills, tactics and strategies in full competitive situations)



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	Net/Wall Games (Refining advance skills, tactics and strategies and application during full games play)	strategies and application during full games play) HRF (Testing the key fitness components and what that can indicate in relation to health)	
Skills <i>Procedural Knowledge – ‘Know How to’</i>	Dance <ul style="list-style-type: none">How to refine more advanced dance principles (Synchronisation, musicality) and develop into performanceIndividual and group choreographyObservation and analysis of performanceLeading and being led Gymnastics <ul style="list-style-type: none">How to refine techniques for more complex skills (headsprings, handsprings, vaulting, somersaults)Peer supportCorrect use of more advanced equipmentObservation and analysis of performance Net/wall games <ul style="list-style-type: none">Advanced techniques for each of key skills (serve, forehand, backhand, drop shot, lob, volley, smash)How to apply more advanced tactics and strategies to competitionObservation and analysis of performanceLeading and being ledRules of competition	Invasion Games <ul style="list-style-type: none">Advanced techniques for each of key skills (passing receiving, control, shooting, tackling/defending, marking)How to apply more advanced tactics and strategies to competitionObservation and analysis of performanceLeading and being ledRules of competitionOfficiating OAA <ul style="list-style-type: none">Problem solving skillsResilienceEffective teamwork/trustEffective communicationObservation and analysis of performanceLeading and being led Net/wall games <ul style="list-style-type: none">Advanced techniques for each of key skills (serve, forehand, backhand, drop shot, lob, volley, smash)How to apply more advanced tactics and strategies to competitionObservation and analysis of performance	Athletics <ul style="list-style-type: none">Advanced techniques track and field eventsHow to apply more advanced tactics and strategies to competitionObservation and analysis of performanceLeading and being ledRules of competitionOfficiating Striking and Fielding <ul style="list-style-type: none">Advanced techniques for each of key skills (throwing, catching, batting, retrieving, fielding)How to apply more advanced tactics and strategies to competitionObservation and analysis of performanceLeading and being ledRules of competitionOfficiating



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	Invasion Games <ul style="list-style-type: none">• Advanced techniques for each of key skills (passing receiving, control, shooting, tackling/defending, marking)• How to apply more advanced tactics and strategies to competition• Observation and analysis of performance• Leading and being led• Rules of competition• Officiating		<ul style="list-style-type: none">• Leading and being led• Rules of competition• Officiating			
Key Questions	<i>How can I develop my choreography and performance?</i> <i>How can I apply my skills during full games play? What impact do they have?</i>		<i>What strategies can I use to overcome physical and intellectual challenges?</i> <i>What do I need to do to refine my skills further and apply them to match play?</i>		<i>How/why will advancing my techniques and strategies in athletics improve my performance?</i> <i>How can I transfer my key skills and strategies in to batting and fielding match play?</i>	
Assessment	Practical Assessments: October	(Data cycle 1 November) Practical Assessments: December	(Year 9 Exam week January) Practical Assessments: February (Report window February)	Practical Assessments: April (Data cycle 2 March)	Practical Assessments: May	(Data cycle 3 June) Practical Assessments: July



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Extended Learning /Extension Activities	<ul style="list-style-type: none">• Extra-Curricular PE activities• St Mary's sports teams• St Mary's linked sports clubs• Coaching and officiating opportunities• Non-fiction reading
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