

Year 9 PE

Subject and Year Group	Invasion games	Net/wall games	Striking and fielding games	Athletics	Creative movement	Other
Sports/activities we currently cover	<ul style="list-style-type: none"> Rugby Football Hockey Netball Handball 	<ul style="list-style-type: none"> Badminton Volleyball Table Tennis Tennis 	<ul style="list-style-type: none"> Cricket Rounders Dodgeball 	<ul style="list-style-type: none"> X2 Jumps – LJ/HJ X2 Throws – Discus/Javelin X2 Runs – 70m/1000m 	<ul style="list-style-type: none"> Gymnastics 	<ul style="list-style-type: none"> HRF
Core practical knowledge and skills	<p>Core skills and techniques from a range of sports and practical activities including more advanced techniques - including passing & receiving/outwitting opponents/defensive skills/tactics & strategies/positioning/shot selection/composition of sequences/decision making/rules & regulations</p> <p>All lessons have particular focus on teamwork, social interaction, respect, resilience, responsibility.</p>					
Powerful Knowledge (Theory content to be implemented)	<p>Skeletal System- 6 major functions</p> <ul style="list-style-type: none"> Shape Support Posture Protection Blood cell production Mineral Storage 	<p>Muscular System- antagonistic pairs and movement</p> <ul style="list-style-type: none"> Agonist Antagonist Fixator Flexion Extension Abduction Adduction Rotation Circumduction 	<p>Movement Analysis- 3 levers/3 planes of movement/3 axis of rotation</p> <ul style="list-style-type: none"> 1st class lever- neck 2nd class lever- ankle 3rd class lever- elbow Transverse Sagittal Frontal Longitudinal Transverse Frontal 	<p>Retrieval Heart- the structure and function of the heart</p> <ul style="list-style-type: none"> Double pump system Major blood vessels- arteries/veins/capillaries Short term effect of exercise on the heart Long term effects of exercise on the heart 	<p>Energy Systems- 3 energy systems and application to sport</p> <ul style="list-style-type: none"> ATP-PC system Lactic acid system Aerobic system 	
Assessment	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6

**Assessment for
and of Learning**

- Practical assessment of all core/advanced skills. Staff to set up previously learnt practical skills carousel and rotate students accordingly.
- Theory assessment using Microsoft Office Forms/ Kahoot for all groups incorporating a range of multiple choice/short answer questions.