



Year 9 Curriculum Overview

Rationale:

We aim to inspire students to participate in and enjoy a broad and balanced PE curriculum. Students will build on their technical awareness across numerous sports as learnt in Y8 whilst developing and improving their tactical awareness. Students will learn what a tactic is and the importance of implementing them within different sports to overcome opponents and enhance strategic play in both individual and team sports. Students are provided with wider opportunities to participate in sport both recreationally and competitively in core games lesson and are encouraged to attend extra-curricular sports clubs.

Term	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
Autumn 1 Boys Sport Education Girls Sport Education	Sport Education <ul style="list-style-type: none"> • Introduction to Sport Education • The roles of: <ul style="list-style-type: none"> ○ Captain/ Scorekeeper ○ Coach ○ Equipment Monitor ○ Fitness Instructor ○ Umpire/ Referee • Mini Tournament & Assessment 	Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding. Verbal and peer assessment will run consistently throughout all lessons.	Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities. Optional Additional Learning and Literacy resources: Article: What are the effects of having roles and responsibilities in team sport? https://believeperform.com/what-are-the-effects-of-having-roles-and-responsibilities-in-team-sport/ Article: From “Me” to “We”: Promoting Team Cohesion Among Youth Athletes: https://appliedsportpsych.org/blog/2017/10/from-me-to-we-promoting-team-cohesion-among-youth-athletes/
Autumn 2 Boys Rugby Basketball	Rugby <ul style="list-style-type: none"> • Recap of Key Rules • Passing & Creating Space • Outwitting Opponents • Tackling & Rucking 	Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will	Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities. Optional Additional Learning and Literacy resources:

<p>Girls HRF Netball</p>	<ul style="list-style-type: none"> • Set Pieces • Line Outs • Mini Tournament & Assessment Lesson <p>Basketball</p> <ul style="list-style-type: none"> • Key Rules & Regulations • Half & Full Court Defence • Non-Dominant Hand Lay Up • Non Dominant Hand Dribbling/ Shooting • Fast Breaks • Mini Tournament & Assessment <p>HRF</p> <ul style="list-style-type: none"> • Interval Training • Fartlek Training • Fitness Testing • Sport Specific Circuits • Planning a Training Session & Assessment <p>Netball</p> <ul style="list-style-type: none"> • Recap of Key Rules • Fundamental Skills • Use of Space • Attacking Principles • Tactical Awareness • Mini Tournament & Assessment 	<p>correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Netball – Factfile https://www.bbc.co.uk/bitesize/guides/zpg3rdm/revision/3</p> <p>HRF – Health and Wellbeing https://www.bbc.co.uk/bitesize/guides/z3shycw/revision/1</p> <p>Rugby – Rugby World Cup Final Highlights https://www.youtube.com/watch?v=ID-mqVq4Kmc</p> <p>Rugby – Guide to Referee Signals https://www.youtube.com/watch?v=bflZmDXQcUs</p> <p>Basketball – Tactics and Formations Article https://www.rookieroad.com/basketball/formations/#formation-types</p> <p>HRF/ Boxfit – Boxfit 20min Home Workout https://www.youtube.com/watch?v=XIHvfwYVY4A</p>
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<p>Spring 1</p> <p>Boys Football Table Tennis</p> <p>Girls Badminton Handball</p>	<p>Football</p> <ul style="list-style-type: none"> Recap of Key Rules Ball Control & Turning Beating Opponents Shooting Set Plays Mini Tournament & Assessment <p>Table Tennis</p> <ul style="list-style-type: none"> Introduction of Key Rules and Regulations Correct Grip Backhand Push Forehand Topspin Backhand Topspin Serve with Spin Singles & Doubles Game Play Mini Tournament & Assessment <p>Badminton</p> <ul style="list-style-type: none"> Recap of Key Rules Grip & Ready Position Overhead & Underarm Clear Drop Shot Smash Shot Doubles & Singles Tactics Mini Tournament & Assessment 	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</p> <p>Optional Additional Learning and Literacy resources:</p> <p>Badminton – Singles Tactics https://www.badmintonbible.com/tactics/singles</p> <p>Handball – Team Handball News https://teamhandballnews.com/?faq-group=handball-tactics</p> <p>Football – How Football Works (Key Tactical Terminology Explained) https://www.youtube.com/watch?v=1W4bRAKfMeM</p> <p>Table Tennis – How to get more Spin on Your Serves https://www.youtube.com/watch?v=JRN4q8mdwJ0</p>
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	<p>Handball</p> <ul style="list-style-type: none"> • Introduction of Rules and Regulations • Ball Handling • Dribbling • Shooting • Defending • Attacking • Mini Tournament & Assessment 		
<p>Spring 2</p> <p>Boys Handball Badminton</p> <p>Girls Table Tennis Football</p>	<p>Handball</p> <ul style="list-style-type: none"> • Introduction of Rules and Regulations • Ball Handling • Dribbling • Shooting • Defending • Attacking • Mini Tournament & Assessment <p>Badminton</p> <ul style="list-style-type: none"> • Recap of Key Rules • Grip & Ready Position • Overhead & Underarm Clear • Drop Shot • Smash Shot • Doubles & Singles Tactics 	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</p> <p>Optional Additional Learning and Literacy resources:</p> <p>Table Tennis – 5 Easy Tactics to Outplay your Opponent in Table Tennis https://www.youtube.com/watch?v=x2WTsgm_UGw</p> <p>Football – Understanding Football Formations https://www.myactivesg.com/sports/football/training-methods/tactics/understanding-football-formations</p> <p>Handball – Umpire Signals https://www.youtube.com/watch?v=Vcsd7EmceCg</p> <p>Badminton – Doubles Strategy and Tips https://www.masterbadminton.com/badminton-doubles.html</p>

	<ul style="list-style-type: none"> • Mini Tournament & Assessment <p>Table Tennis</p> <ul style="list-style-type: none"> • Introduction of Key Rules and Regulations • Correct Grip • Backhand Push • Forehand Topspin • Backhand Topspin • Serve with Spin • Singles & Doubles Game Play • Mini Tournament & Assessment <p>Football</p> <ul style="list-style-type: none"> • Recap of Key Rules • Ball Control & Turning • Beating Opponents • Shooting • Set Plays • Mini Tournament & Assessment 		
<p>Summer 1</p> <p>Boys Softball Cricket</p> <p>Girls</p>	<p>Softball</p> <ul style="list-style-type: none"> • Introduction to Key Rules • Throwing & Catching • Batting • Fielding & Base Work • Pitching 	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p>	<p>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</p> <p>Optional Additional Learning and Literacy resources:</p> <p>Tennis – The difference between flat and slice serves https://www.youtube.com/watch?v=hQxyKmQTrMQ</p>

<p>Tennis Mini Volleyball</p>	<ul style="list-style-type: none"> • Mini Tournament & Assessment <p>Cricket</p> <ul style="list-style-type: none"> • Introduction to Cricket & Recap of Key Rules • Fielding Fundamentals • Batting – Defensive Shots • Batting – Cut • Bowling – Spin/ Pace • Batting in game situations • Mini Tournament & Assessment <p>Tennis</p> <ul style="list-style-type: none"> • Introduction of Key Rules • Ground Strokes • Outwitting Opponents • Topspin • Development of Serves • Lob • Smash Shot • Drop Shot • Mini Tournament & Assessment <p>Mini Volleyball</p> <ul style="list-style-type: none"> • Introduction of Key Rules • Volleys • Set Shot • Dig • Underarm Serve 	<p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Mini Volleyball – Rules https://www.sportaus.gov.au/_data/assets/pdf_file/0010/703963/Mini-Volleyball.pdf</p> <p>Mini Volleyball – 6 Basic Skills in Volleyball https://www.youtube.com/watch?v=4vnD991J22g</p> <p>Softball – How to Throw a Curveball Pitch https://www.youtube.com/watch?v=DI88xRT1xxg</p> <p>Cricket – T20 Cricket World Cup Final Highlights https://www.youtube.com/watch?v=nkcjgsClu0I</p>
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	<ul style="list-style-type: none"> • Overarm Serve • Mini Tournament & Assessment 		
<p>Summer 2</p> <p>Boys Tennis Athletics</p> <p>Girls Rounders Athletics</p>	<p>Tennis</p> <ul style="list-style-type: none"> • Introduction of Key Rules • Ground Strokes • Outwitting Opponents • Topspin • Development of Serves • Lob • Smash Shot • Drop Shot • Mini Tournament & Assessment <p>Athletics</p> <ul style="list-style-type: none"> • 400m – Running/ Sprinting Technique • Discus • Javelin • Hurdles • Triple/ Long Jump • Mini Olympics & Assessment <p>Rounders</p> <ul style="list-style-type: none"> • Recap of Key Rules • Fielding • Bowling • Outwitting Opponents • Mini Tournament & Assessment 	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</p> <p>Optional Additional Learning and Literacy resources:</p> <p>Rounders – Explore the England Rounders website for rules and regulations, information on teams and leagues and how you can become involved in leadership, coaching and umpiring opportunities. https://www.roundersengland.co.uk/</p> <p>Athletics – Explore the BBC Bitesize OCR Athletics webpage where you can read the athletics fact file and learn about essential skills and techniques for the different events. https://www.bbc.co.uk/bitesize/topics/zspnhv4</p> <p>Tennis – Gaining a Job as a Tennis Umpire https://www.youtube.com/watch?v=Rx-hgqChgic</p> <p>Athletics – Plyometrics Training to Improve Speed https://www.youtube.com/watch?v=mgolPSBgsMk</p>

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