

Physical Education
Year 9 curriculum map



Year 9 Girls	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Football Trampolining	Rugby Badminton	Hockey Health and wellbeing	Netball Handball	Athletics OAA	Athletics Cricket
Key Knowledge for acquisition, recall and application in assessment or exam	<p>Ball control</p> <ul style="list-style-type: none"> • using both feet <p>Passing</p> <ul style="list-style-type: none"> • short • long lofted and along the ground • throw ins <p>Shooting</p> <ul style="list-style-type: none"> • short • long range <p>Dribbling</p> <ul style="list-style-type: none"> • use of both feet • close control • ability to beat opponents <p>Tackling</p> <ul style="list-style-type: none"> • jockeying • block tackle <p>Marking</p>	<p>Passing</p> <ul style="list-style-type: none"> • both hands in either direction • offloading <p>Receiving</p> <ul style="list-style-type: none"> • stationary • on the move • ground pick-up <p>Running with the ball, balanced run</p> <p>Beating opponents</p> <ul style="list-style-type: none"> • change of pace/direction • hand off • side-step <p>Tackling</p> <ul style="list-style-type: none"> • basic technique from front and side 	<p>Passing</p> <ul style="list-style-type: none"> • push • slap hit • drive <p>Reverse stick passing</p> <ul style="list-style-type: none"> • push <p>Dribbling</p> <ul style="list-style-type: none"> • push • tap <p>Shooting</p> <ul style="list-style-type: none"> • open side technique <p>Tackling</p> <ul style="list-style-type: none"> • block • jab – front and side <p>Marking</p> <ul style="list-style-type: none"> • player with the ball 	<p>Footwork</p> <ul style="list-style-type: none"> • stopping/landing • pivot <p>Ball handling</p> <ul style="list-style-type: none"> • catching whilst stationary • catching whilst on the move • catching in the air <p>Passing over a short and mid-long distances</p> <ul style="list-style-type: none"> • chest • overhead • bounce • shoulder pass <p>Shooting</p> <ul style="list-style-type: none"> • stationary • stepping <p>Rebounds</p>	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Decision making</p> <ul style="list-style-type: none"> • positioning in the field, where to run in the pack, when to lead, when to follow • when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off • flight • landing 	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Decision making</p> <ul style="list-style-type: none"> • positioning in the field, where to run in the pack, when to lead, when to follow • when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off • flight • landing

	<ul style="list-style-type: none"> • player with the ball • player without the ball <p>Shapes</p> <ul style="list-style-type: none"> • tuck • straddle • pike <p>Twists</p> <ul style="list-style-type: none"> • half • full <p>Seat drops</p> <p>Front landing</p> <p>Combined movements</p> <ul style="list-style-type: none"> • swivel hips • seat to front <p>Front to seat</p>	<ul style="list-style-type: none"> • close contact tackling <p>Ruck</p> <ul style="list-style-type: none"> • going to ground • placing ball behind • supporting roles <p>Picking up a ball</p> <ul style="list-style-type: none"> • stationary • moving • falling on ball <p>Try scoring</p> <ul style="list-style-type: none"> • grounding the ball with downward pressure • when and when not to use one/two hands <p>Serving</p> <ul style="list-style-type: none"> • short • long <p>Return of shot</p> <p>Forehand shot</p> <ul style="list-style-type: none"> • overhead clear • lift/underarm clear • drop shot 	<p>Ball control</p> <p>Principles of training</p> <ul style="list-style-type: none"> • SPOR <p>FITT training methods</p> <ul style="list-style-type: none"> • continuous • fartlek • interval • circuit training • weight training • plyometrics <p>HIIT</p>	<p>Marking</p> <ul style="list-style-type: none"> • player with the ball • interception • shadowing • marking player without the ball <p>Decision making</p> <ul style="list-style-type: none"> • when to pass, shoot or dodge • where to pass, shoot or dodge <p>Catching</p> <ul style="list-style-type: none"> • stationary • on the move • from the bounce • jumping • at variety of heights <p>Position for catching the ball</p> <ul style="list-style-type: none"> • frontal • gidwards <p>Dribbling with dominant hand</p> <p>Passing</p> <ul style="list-style-type: none"> • standing 	<p>Decision making</p> <ul style="list-style-type: none"> • hitting appropriate speed for take off • landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> • through <p>Decision making</p> <ul style="list-style-type: none"> • use of cross step/glid • appropriate angle of release <p>Develop solutions</p> <p>Application of map skills</p> <p>Communication</p> <p>Problem solving</p> <p>Organisation/planning</p>	<p>Decision making</p> <ul style="list-style-type: none"> • hitting appropriate speed for take off • landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase • follow through <p>Decision making</p> <ul style="list-style-type: none"> • use of cross step/glide • appropriate angle of release <p>Batting</p> <ul style="list-style-type: none"> • running between the wickets • footwork • drive • pull • communication with batting partner
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		<ul style="list-style-type: none"> smash <p>Teamwork and communication doubles</p> <p>Basic footwork</p> <p>Decision making Selection of appropriate shot</p>		<ul style="list-style-type: none"> running <p>Shooting</p> <ul style="list-style-type: none"> shot in place shot in movement <p>Offensive movement</p> <ul style="list-style-type: none"> feinting a shot 		<p>Bowling</p> <ul style="list-style-type: none"> medium line of bowl <p>Fielding</p> <ul style="list-style-type: none"> judgement of the approaching ball stopping the ball catching pick up and throw – underarm and overarm <p>Teamwork and communication</p> <p>Wicket keeping</p> <ul style="list-style-type: none"> Catches run outs <p>Low and high takes</p>
Key skills to apply in assessment or exam	All of the above	All of the above	All of the above	All of the above	All of the above	All of the above
Title of Knowledge Organiser	Football Trampolining	Rugby Badminton	Hockey Health and wellbeing	Netball Handball	Athletics OAA	Athletics Cricket

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Content / Topic for Term	Rugby Badminton	Football Trampolining	Hockey Handball	Invasion games Health and wellbeing	Athletics OAA	Athletics Cricket
Key Knowledge for acquisition, recall and application in assessment or exam	<p>Passing</p> <ul style="list-style-type: none"> • both hands in either direction • offloading <p>Receiving</p> <ul style="list-style-type: none"> • stationary • on the move • ground pick-up <p>Running with the ball, balanced run</p> <p>Beating opponents</p> <ul style="list-style-type: none"> • change of pace/direction • hand off • side-step <p>Tackling</p> <ul style="list-style-type: none"> • basic technique from front and side 	<p>Ball control</p> <ul style="list-style-type: none"> • using both feet <p>Passing</p> <ul style="list-style-type: none"> • short • long along the ground • throw ins <p>Shooting</p> <ul style="list-style-type: none"> • short • long range <p>Dribbling</p> <ul style="list-style-type: none"> • use of both feet <p>Tackling</p> <ul style="list-style-type: none"> • jockeying • block tackle <p>Marking</p> <ul style="list-style-type: none"> • player with the ball <p>Shapes</p> <ul style="list-style-type: none"> • tuck 	<p>Passing</p> <ul style="list-style-type: none"> • push • slap hit • drive <p>Reverse stick passing</p> <ul style="list-style-type: none"> • push • hit • slap <p>Dribbling</p> <ul style="list-style-type: none"> • push • tap • ability to beat opponent • Indian dribble <p>Shooting</p> <ul style="list-style-type: none"> • open side technique <p>Tackling</p> <ul style="list-style-type: none"> • block 	<p>Passing</p> <p>Receiving</p> <p>Marking</p> <p>Game sense</p> <p>Team work</p> <p>Leadership</p> <p>Principles of training</p> <ul style="list-style-type: none"> • SPOR <p>FITT</p> <p>Training methods</p> <ul style="list-style-type: none"> • continuous • fartlek • interval • circuit training • weight training 	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Decision making</p> <ul style="list-style-type: none"> • positioning in the field, where to run in the pack, when to lead, when to follow • when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off • flight • landing 	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Decision making</p> <ul style="list-style-type: none"> • positioning in the field, where to run in the pack, when to lead, when to follow • when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off

	<ul style="list-style-type: none"> • close contact tackling <p>Ruck</p> <ul style="list-style-type: none"> • going to ground • placing ball behind • supporting roles <p>Picking up a ball</p> <ul style="list-style-type: none"> • stationary • moving • falling on ball <p>Try scoring</p> <ul style="list-style-type: none"> • grounding the ball with downward pressure • when and when not to use one/two hands <p>Serving</p> <ul style="list-style-type: none"> • short • long <p>Return of shot</p> <p>Forehand shot</p> <ul style="list-style-type: none"> • overhead clear 	<ul style="list-style-type: none"> • straddle • pike <p>Twists</p> <ul style="list-style-type: none"> • half • full <p>Seat drops</p> <p>Front landing</p> <p>Combined movements</p> <ul style="list-style-type: none"> • swivel hips • seat to front <p>Front to seat</p>	<ul style="list-style-type: none"> • jab – front and side <p>Marking</p> <ul style="list-style-type: none"> • player with the ball • player without the ball <p>Ball control</p> <p>Catching</p> <ul style="list-style-type: none"> • stationary • on the move • from the bounce • jumping • at variety of heights <p>Position for catching the ball</p> <ul style="list-style-type: none"> • frontal • sideways <p>Dribbling with dominant hand</p> <p>Passing</p> <ul style="list-style-type: none"> • standing • running <p>Shooting</p> <ul style="list-style-type: none"> • shot in place 	<ul style="list-style-type: none"> • plyometrics <p>HIIT</p>	<p>Decision making</p> <ul style="list-style-type: none"> • hitting appropriate speed for take off • landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase • follow through <p>Decision making</p> <ul style="list-style-type: none"> • use of cross step/glid <p>Develop solutions</p> <p>Application of map skills</p> <p>Communication</p> <p>Problem solving</p> <p>Organisation/planning</p>	<ul style="list-style-type: none"> • flight • landing <p>Decision making</p> <ul style="list-style-type: none"> • hitting appropriate speed for take off • landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase • follow through <p>Decision making</p> <ul style="list-style-type: none"> • use of cross step/glid <p>Batting</p> <ul style="list-style-type: none"> • running between the wickets • footwork • drive • pull
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	<ul style="list-style-type: none"> • lift/underarm clear • drop shot • smash <p>Teamwork and communication doubles</p> <p>Basic footwork</p> <p>Decision making Selection of appropriate shot</p>		<ul style="list-style-type: none"> • shot in movement <p>Offensive movement</p> <ul style="list-style-type: none"> • feinting a shot 			<ul style="list-style-type: none"> • communication with batting partner <p>Bowling</p> <ul style="list-style-type: none"> • medium • line of bowl <p>Fielding</p> <ul style="list-style-type: none"> • judgement of the approaching ball • stopping the ball • catching • pick up and throw – underarm and overarm <p>Teamwork and communication</p> <p>Wicket keeping</p> <ul style="list-style-type: none"> • catches • run outs <p>Low and high takes</p>
Key skills to apply in assessment or exam	All of the above	All of the above	All of the above	All of the above	All of the above	All of the above

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Title of Knowledge Organiser	Rugby	Football Basketball	Hockey Handball	Invasion games Gymnastics	Athletics OAA	Athletics Cricket
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