**Curriculum Overview for Core PE**

**Year 9**

|  |  |  |
| --- | --- | --- |
| **Half Term 1&2: Rotation of Sports**  **Substantive Knowledge:**  Basketball:   * Passing * Dribbling * Shooting * Marking – one on one, full court / half court press * Defending – zonal * Attack – fast break * Triple Threat * Screen * Pick and roll * Post up   Netball:   * Passing * Receiving * Defending * Attacking * Applying the correct technique * Special awareness * Movement off the ball * Creating space * Intercepting * What is onside/offside? * Footwork * What is communication? * What is meant by umpiring/coaching   Fitness:   * Principles of training (Progressive Overload, Reversibility, Tedium, Frequency, Intensity, Time, Type, Rest, Recovery) * Heart Rate   Table Tennis:   * Grip * Stance * Forehand push * Backhand push * Serving   Alternative Fitness:   * Pupils introduced to different ways of improving their aerobic endurance, muscular endurance, flexibility, coordination and muscular strength.   DofE:   * What is the Duke of Edinburgh Award Scheme? * Expedition * Ordinance Survey Map * Compass * Direction * North, East, South, West * Bearings * Scale * Tents, Poles, Pegs * First Aid   **Disciplinary Knowledge:**  Basketball:   * Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments. * Leadership opportunities * Officiating * Evaluating performance * Communication and teamwork * Selection of shot to meet the demands of a game   Netball:   * Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments. * Leadership opportunities * Officiating * Evaluating performance * Communication and teamwork * Selection of shot to meet the demands of a game   Fitness:   * Pupils will create a fitness plan that they will be following * Pupils will apply the principles of training to their training plan * Pupils will evaluate the effectiveness of their training plan. Identifying strengths and weaknesses.   Table Tennis:   * Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments. * Leadership opportunities * Officiating * Evaluating performance * Communication and teamwork * Selection of shot to meet the demands of a game   Alternative Fitness:   * Pupils demonstrate their ability to complete a range of different exercise sessions, identifying their areas of strength and weakness.   DofE:   * Pupils to understand the benefits of the DofE Scheme. * Pupils to demonstrate an understanding in map reading, navigation, compass skills. * Tent erecting. * Communication and Teamwork | Speech | Basketball:  Travel  Double dribble  Speed  Zonal  Screen  Post  Guard  Power forward  Centre  Point Guard  Key |
| Speech | Netball:  Fundamentals  Technique  Decision making  Movement  Penetrate  Strategies  Possession  Intercept  Centre Pass  Onside  Pivot  Running footwork  Communication  Umpiring/coaching  Tactical awareness |
| Speech | Fitness:  Progressive Overload  Reversibility, Tedium  Frequency  Intensity  Time  Type  Rest  Recovery  Heart Rate |
| Speech | Table Tennis:  Ball toss  Grip  Stance  Angle  Spin  Placement  Legal / illegal  Rules |
| Speech | Alternative Fitness:  Trampette  Yoga  Pilates  Dance  HIIT  Boxercise  SAQ |
| Speech | DofE:  Duke of Edinburgh  Expedition  Compass  Direction  Bearings  Tent |
| Checklist RTL | Pupils are assessed throughout the unit. Pupils will complete their assessment booklet at the end of each activity which will include a pupil grade and a teacher grade. |

Rugby:

Rugby:

* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game
* Passing
* Receiving
* Running Lines
* Line outs
* Tackling
* Rucking
* Set plays
* Offside
* Defensive line
* Rugby:
* Penetrate
* Overload
* Gate
* Back foot
* Binding
* Tower of power
* Jackling
* Square
* Second row
* Body position
* Lineout
* Touch
* Strategy
* Attacking line
* Defensive line
* 7s