**Curriculum Overview for Core PE**

**Year 9**

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| **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.
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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.
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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:TravelDouble dribbleSpeedZonalScreenPostGuardPower forwardCentrePoint GuardKey |
| Speech | Netball:FundamentalsTechniqueDecision makingMovementPenetrateStrategiesPossessionInterceptCentre PassOnsidePivotRunning footworkCommunicationUmpiring/coachingTactical awareness |
| Speech | Fitness:Progressive OverloadReversibility, TediumFrequencyIntensityTimeTypeRestRecoveryHeart Rate |
| Speech | Table Tennis:Ball tossGripStanceAngleSpinPlacementLegal / illegalRules |
| Speech | Alternative Fitness:Trampette YogaPilatesDanceHIITBoxerciseSAQ |
| Speech | DofE:Duke of EdinburghExpeditionCompassDirectionBearingsTent |
| 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