

Roundwood Park School Curriculum Map – PHYSICAL EDUCATION (YEAR 9)

A curriculum that stimulates curiosity, values diversity and offers challenge.

We help every student to love learning for life, to follow their passions and to reach their full potential.

**Not all students will always cover all activities, based on facility availability linked to timetabling as well as links to extra-curricular activity.*

Year 9	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring
Unit of Work	Rugby	Netball	Football	Basketball	Health Related Fitness	Dance
Key Knowledge	Preparing to perform: Adding consistency to skills learned and use of weaker side, with increased pressure and expectation. Game understanding linked to positions, some set piece and options off the ball.	Preparing to perform: Adding consistency to skills learned and increasing pace of play with greater dynamism and speed. Game understanding linked to changes of intensity based on options available in attack and how to apply greater pressure in defence.	Preparing to perform: Adding consistency to skills learned and use of weaker side, with increased pressure and expectation. Game understanding including tactics and strategies when breaking a defence down.	Preparing to perform: Adding consistency and control to skills learned and increasing options off the ball Game understanding linked to use of all five players on court and how to influence the game away from the ball.	Improve knowledge of fitness testing linked to ten components of fitness and consider practical application to world of sport and exercise. Gathering of data and consideration individual physical strengths and weaknesses.	Preparing to perform: Students use taught skills from previous work to choreograph a group piece having selected own stimulus. Developed group decision making as work becomes exclusively student lead.
Activity Type	Invasion team game	Invasion team game	Invasion team game	Invasion team game	Health and fitness knowledge and tasks	Dance
Key Vocabulary	Running lines, hitting holes, maul, counter ruck, footwork patterns.	Running pass, 3 stages of defending, anticipation, holding, press line.	Counter attack, overload, jockey, shifting, organisation, shape.	Screen/pick, retreat step, advanced step, reverse lay-up, assist, steal.	Reaction time, muscular endurance, measuring, data, aerobic, anaerobic, VO2 max. SPOR & FITT principles.	Fragmentation, retrograde, expression, performance, improvisation.
ASPIRE Habits	Organise	Organise	Take risks	Collaborate	Make links and question	Plan and think creatively
Reading Opportunities	Articles are used during reading week, along with the texts which are detailed through the super-curricular process.					

Year 9	Autumn/Spring	Autumn/Spring	Autumn/Spring	Summer	Summer	Summer
Unit of Work	Table tennis	Badminton	Trampoline	Athletics	Cricket	Tennis
Key Knowledge	Preparing to perform: Further development adding consistency and reducing unforced errors. More advanced skills linked to pace of play and reaction work. Game understanding including opponent weakness knowledge and variety of play.	More advanced work: Further developing core skills targeting increased consistency and quality of footwork as well as backhand work. Game understanding linked to shot selection and combination work.	Introduction to activity: development of shapes, turns and landings with control and flexibility. Routine development to allow skills to be linked together effectively.	Preparing to perform: Using knowledge of individual strengths, maximising performance in preferred events and continuing to develop weaker areas. Improving personal bests and competing with peers.	Preparing to perform: Adding consistency to skills learned and developing more advanced options Game understanding linked to overs, fielding positions and run scoring.	Preparing to perform: Further development of core skills adding consistency and reducing unforced errors. Game understanding including playing to personal strengths and looking to be more attacking.
Activity Type	Net/racket/bat game	Net/racket/bat game	Gymnastic	Individual athletic performance	Striking and fielding game	Net/racket/bat game
Key Vocabulary	Chop, block, counter hit, smash, high toss serve.	Net shot, lunge, drop, backhand, lift.	Tuck, pike, straddle, half turn, seat drop, back and front landing.	Acceleration, follow through, lead leg, trail leg, stride pattern, pack, finish.	Wicket-keeping, off-spin, leg spin, high-elbow, Back foot.	Recovery, doubles, slice, approach shot.
ASPIRE Habits	Focus	Focus	Take risks and respect all	Think logically and review	Collaborate	Focus
Reading Opportunities	Articles are used during reading week, along with the texts which are detailed through the super-curricular process.					

Year 9	Summer
Unit of Work	Rounders
Key Knowledge	<p>Preparing to perform: Further development of core skills adding consistency and reducing unforced errors.</p> <p>Game understanding linked to scoring, running bases, fielding plans and batting tactics.</p>
Activity Type	Striking and fielding game
Key Vocabulary	Spin
ASPIRE Habits	Communicate
Reading Opportunities	Articles are used during reading week, along with the texts which are detailed through the super-curricular process.