

PE Curriculum Map - Year 9

		Autumn 1 Badminton	Autumn 2 Fitness	Spring 1 Handball	Spring 2 Softball	Summer 1 Volleyball	Summer 2 Tennis
Learning outcomes/ composite knowledge		To develop motor competence, tactical awareness and healthy participation in Badminton	To develop our understanding of healthy participation and motor competence in relation to fitness	To develop motor competence, tactical awareness and healthy participation in Handball	To develop motor competence, tactical awareness and healthy participation in Softball	To develop motor competence, tactical awareness and healthy participation in Volleyball	To develop motor competence, tactical awareness and healthy participation in Tennis
Knowledge Components	Declarative – knowing what	<ul style="list-style-type: none"> ● To know the rules of badminton ● To know the teaching points for the smash shot. ● To know the teaching points for disguised shots focussing on drop shots and flick shots ● To know the teaching points for the net shot ● To know the teaching points for the high serve in singles ● To know the teaching points for the high serve in doubles ● To know some tactics for doubles ● To know how to officiate in Badminton and when someone has scored a point. ● To know when to play shots in order to win a point in a game. 	<ul style="list-style-type: none"> ● To know different fitness testing ● To know how to safely use the equipment in the gym. ● To know what a warm up and cool down is and why they are important ● To know the three stages of a warm up ● To know the effects of exercise on the body ● To know how to take our pulse and track this. ● To know my maximum heart rate ● To know aerobic and anaerobic training zones ● To know different training methods. 	<ul style="list-style-type: none"> ● To know the rules of handball ● To know how to throw and catch the ball. ● To know how to progress forward in handball ● To know how to attack the goal ● Know how to regain ball possession ● Know how to perform a throw in and use a set play to attack the goal ● Know how to perform a goalkeeper throw ● To know some tactics for handball ● To know how to officiate in handball and when a point is scored. 	<ul style="list-style-type: none"> ● To know scoring and basic pitch positions ● To know how to perform throwing and catching action over short distances ● To know the the correct batting stance with good grip ● To know the teaching points for the correct bowling action with some consistency ● To know the teaching points for the 'long barrier' and know how to influence the game in either batting or fielding ● To know how to anticipate and adjust my position according to the pace of the ball and successfully field the ball coming at different heights and speeds ● To know how to select and apply attacking and defensive shots ● To know tactics for softball 	<ul style="list-style-type: none"> ● To know the rules of volleyball ● To know the teaching points of the set technique ● To know the teaching points of the dig technique ● To know the teaching points of the underarm serve ● To know the importance of the volley/set ● To know the teaching points of the tip and spike ● To know some tactics for volleyball ● To know how to officiate in volleyball 	<ul style="list-style-type: none"> ● To know the rules of tennis ● To understand the correct grip and can keep the ball up ● To know the teaching points of the forehand ● To know the teaching points for the backhand ● To know the teaching points for the basic serve ● To know the teaching points for the backhand slice ● To know the teaching points for a volley ● To know the teaching points for the lob and smash ● To know the teaching points for the drop shot ● To know how to officiate in tennis.

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	Autumn 1 Badminton	Autumn 2 Fitness	Spring 1 Handball	Spring 2 Softball	Summer 1 Volleyball	Summer 2 Tennis
Procedural – knowing how and when	<ul style="list-style-type: none"> ● To apply the rules of badminton ● To perform the smash shot ● To perform disguised shots focussing on drop shot and flick shot. ● To perform the net shot ● To perform the high serve in singles ● To perform the high serve in doubles ● To apply some doubles tactics. ● To know what tactics to use in order to win points in a game. 	<ul style="list-style-type: none"> ● Participate in fitness testing ● To safely use the equipment in the gym. ● Participate in leading aspects of a warm up and cool down is and why they are important ● Whilst leading a warm up explain which of the stages you are leading ● To understand the effects of exercise on the body ● To track and monitor our pulse during various exercises ● To calculate my maximum heart rate ● To train in aerobic and anaerobic training zones ● To apply knowledge of the different training methods. 	<ul style="list-style-type: none"> ● To apply the rules of handball. ● Be able to throw and catch the ball. ● Be able to progress forward in handball ● Be able to attack the goal ● Be able to regain ball possession ● Perform a throw in and use a set play to attack the goal ● Perform a goalkeeper throw ● To apply some tactics for handball ● To officiate in handball and when a point is scored. 	<ul style="list-style-type: none"> ● To know how to officiate handball ● To apply scoring and basic pitch positions ● To perform throwing and catching action over short distances ● To perform the correct batting stance with good grip ● To be able to perform the correct bowling action with some consistency ● To perform the 'long barrier' and influence the game in either batting or fielding ● To apply my knowledge of anticipating and adjusting my position according to the pace of the ball and successfully field the ball coming at different heights and speeds ● To select and apply attacking and defensive shots ● To apply tactics for softball ● To apply knowledge of rules to officiate handball 	<ul style="list-style-type: none"> ● To apply the rules of volleyball ● To perform the set technique ● To perform the dig technique ● To perform the underarm serve ● To perform the volley/set ● To perform the tip and spike ● To apply some tactics for volleyball ● To officiate in volleyball 	<ul style="list-style-type: none"> ● To apply the rules of tennis ● To perform the correct grip and can keep the ball up ● To perform the forehand ● To perform the backhand ● To perform the basic serve ● To perform the backhand slice ● To perform a volley ● To perform the lob and smash ● To perform the drop shot ● To officiate in tennis.

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National Curriculum reference	<p>National Curriculum for Core PE at KS3 pupils should be taught to:</p> <ul style="list-style-type: none"> • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] • perform dances using advanced dance techniques in a range of dance styles and forms • take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • take part in competitive sports and activities outside school through community links or sports clubs 					
Common misconceptions	You are able to have a second serve. The tramlines are in for both singles and doubles. You take turns in serving.	If you can sprint fast you are physically fit. If you can lift heavy weights you have good overall strength.	Rules not understood - Head shots do not count - in actual fact the person throwing is out if it hits someone's head without them ducking. If you drop a ball to catch another then you are out. You can catch a ball if it hits your teammate to make the thrower out.	Fielding is not important. When batting you have to hit the big runs and smash the ball rather than playing defensive shots or playing to gaps in the field. Misunderstanding of LBW (leg before wicket).	Basketball is similar to Netball and therefore you cannot move with the ball and you need to shoot without using the backboard.	Pupils feel like they have to hit the ball far in order to score a rounder. Fielding has little purpose - we will look at the positions of fielders and their roles to address this.