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Queen Elizabeth's Girls' School

Educating Women of the Future

Physical Education Year 9

Academic Year on half term rotations		
Units of work	Knowledge	Skills
<p>The following units will be completed on a rotational basis throughout the academic year:</p> <p><i>Swimming, Outdoor adventurous activities, Athletics, Netball, Fitness</i></p>	<p><i>Pupils will explore a range of core and advanced skills in a variety of different sports through both isolated and competitive situations.</i></p>	<p>Pupils will be expected to develop further competence in a wide range of core skills with consistency, accuracy, control and fluency in both isolation and competitive situations. A wide range of advanced skills will also be explored.</p> <p>They will develop further physical fitness and psychological control to perform with good effectiveness.</p> <p>They will learn to select and use the most appropriate skills.</p> <p>They will develop further their competence in applying team strategies, tactics, compositional ideas and demonstrate a good understanding of the activity being undertaken.</p>
<p>Key Terms: Consistency, accuracy, control, fluency, tactics, strategies, analyse, evaluate</p>		
<p>Course materials: Correct PE kit as per activity requirements.</p>		
<p>Homework will include: On occasions homework may be set in PE. This may include written tasks or a practical task.</p>		
<p>Assessment details: When will the assessment take place? Pupils are assessed in PE on an ongoing basis in lessons. There is a final assessment opportunity at the end of the unit of work.</p>		



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Year 9 - individual sport breakdown of assessment

<p style="text-align: center;">Swimming</p> <p>Core skills</p> <ul style="list-style-type: none"> Starting Turns Finishing Body position Leg action Arm action Breathing Timing <p>Advanced skills</p> <ul style="list-style-type: none"> Racing starts Race turns Race finish Stroke number/pacing Optimal breathing techniques <p>Decision making and tactical awareness</p> <ul style="list-style-type: none"> Timing of breathing How far to travel underwater after a start/turn Application of strategy to sprints and longer races and the difference this makes to your stroke Awareness of the rules and regulations of the sport 	<p style="text-align: center;">Fitness</p> <p>Core Skills</p> <ul style="list-style-type: none"> Understanding of and be able to identify the different methods of training: Circuit/ Interval/ Fartlek/ Continuous Identify the health/skill related components of fitness, and what fitness tests can be used to test these. <p>Advanced skills</p> <ul style="list-style-type: none"> Explain which method of training can be used to train each component of fitness Identify which methods of training is best suited to specific athletes and sporting events and explain why. <p>Decision making and application of compositional ideas</p> <ul style="list-style-type: none"> Create their own fitness circuit.
	<p style="text-align: center;">Badminton</p> <p>Core skills:</p> <ul style="list-style-type: none"> Serving: <ul style="list-style-type: none"> Short Long Return of serve Forehand Shots: <ul style="list-style-type: none"> Overhead clear Drop shot Lift/underarm clear Smash <p>Advanced skills:</p> <ul style="list-style-type: none"> Serving: <ul style="list-style-type: none"> Flick Net shots Backhand shots: <ul style="list-style-type: none"> Overhead clear Drop shot Lift/underarm clear Smash Footwork and court positioning <p>Decision making and application of skills</p> <ul style="list-style-type: none"> Selection of appropriate shot Principals of attack and defence Applying tactics in different competitive situations Applying other ploys/tactics to outwit opponent Awareness of the rules and regulations of the sport



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<p style="text-align: center;">Netball</p> <p>Core skills (to include dominant side only)</p> <ul style="list-style-type: none"> ● Passing ● Receiving ● Attacking principles ● Defending principles - marking player ● Shooting ● Positioning - comfortable in 1 position <p>Advanced skills (to include non dominant side)</p> <ul style="list-style-type: none"> ● Passing - on move ● Receiving ● Attacking principles ● Defending principles - marking player/ space ● Shooting ● Positioning - comfortable in a range of attacking and defending positions. <p>Decision making and tactical awareness</p> <ul style="list-style-type: none"> ● When to pass/shoot/dodge ● Where to pass/shoot/dodge ● Which pass to make ● Awareness of team strategies/tactics in both attacking and defending situations ● Attacking positioning on the court ● Defensive positioning on the court ● Awareness of strengths/weaknesses and actions of other players ● Awareness of the rules and regulations of the game and their application (including refereeing signals) 	<p style="text-align: center;">Athletics</p> <p style="text-align: center;">Track events <i>100m, 200m, 800m, 1500m</i></p> <p>Core skills</p> <ul style="list-style-type: none"> ● Starting ● Finishing ● Posture ● Leg action ● Arm action ● Head carriage <p>Advanced skills</p> <ul style="list-style-type: none"> ● Starting: Use of Blocks (where relevant) ● Leg action: Foot strike/ Cadence ● Bend running (where relevant) ● Stride pattern/pacing <p>Decision making and tactical awareness</p> <ul style="list-style-type: none"> ● Pre-race tactics ● Changing and adapting your race tactics ● Positioning in the field ● Timing of kicking for the finish line ● When to dip for the finish line ● Awareness of the rules and regulations of the event <p style="text-align: center;">Jumping events <i>High Jump, Long Jump</i></p> <p>Core skills</p> <ul style="list-style-type: none"> ● Approach ● Synchronisation of arm and leg action ● Take off/pole plant ● Flight ● Landing <p>Advanced skills</p> <ul style="list-style-type: none"> ● Approach: Hitting appropriate speed for take off ● Efficient transition between phases ● Flight: Appropriate elevation ● Landing: movement of the body beyond the initial contact <p>Decision making and tactical awareness</p> <ul style="list-style-type: none"> ● Pre-event tactic ● Appropriate distance/number of steps chosen for run up ● Awareness of the rules and regulations of the event <p style="text-align: center;">Throws <i>Shot, Discus, Javelin</i></p> <p>Core skills</p> <ul style="list-style-type: none"> ● Initial stance ● Grip ● Throwing action ● Release phase ● Recovery phase/follow through <p>Advanced skills</p> <ul style="list-style-type: none"> ● Travel: use of cross step/glide (where applicable) ● Release phase: Appropriate angle of release



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- Efficient transition between technical phases of the movements

Decision making and tactical awareness:

- Awareness of the rules and regulations of the event