

Subject Curriculum Overview for Academic Year 2022/2023

Subject: Core PE		Subject Leader: Jordan Kontarines Amy Goodall (Dance)		Year Group: 9	AUTUMN/SPRING TERM
Topic	Key Learning Points			Key Vocabulary	Assessments
Basketball	<ol style="list-style-type: none"> 1. Be able to play in 3v3 small-court games applying double dribble and out of bounds rules. 2. Be able to keep perform basic dribble with control 3. Be able to play the chest pass and know when to use it Know how to catch ball safely. 4. Be able to play the overhead pass and know when to use it 5. Know how to beat an opponent with change of speed, direction and crossover dribble. 6. Know basic defensive position in 1V1 situations. 7. Be able to use basic set shot 			Flex Flick Man to man Zonal W shape to receive the ball Push Drive Dribble	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.
Handball	<ol style="list-style-type: none"> 1. Be able to apply the rules of handball with confidence 2. Select and apply the correct timing of the pass in small-sided game situations 3. Introduction to more complex defensive techniques in small-sided games 4. Introduction to the side pass 5. Introduction to the basic skills of goalkeeping, positioning from wing shots 6. Wing shots – left-handed player, cutting in from right and vice versa 7. Development of wing shot under pressure more realistic to a game 8. Introduction to blocking and preventing the attacker from shooting, 1v1. Safe contact. What is legal, what is not 9. How to restart the game following a tackle – legal and illegal 10. Introduction to the Jump shot – taking off outside the D and landed inside the D. 11. Development of effective goalkeeping 			Dribble Receive Follow-through Narrowing the angle Foul	
Badminton	<ol style="list-style-type: none"> 1. Students can to set up the equipment correctly and safely and warm themselves up for badminton, with minimum teacher input 2. Students can apply the rules of badminton to a competitive ½ court singles game situation 3. Be able to play the smash shot 4. Understand when to play a smash in a game situation 5. Be able to play a forehand drop shot 6. Be able to play a long serve as a variation to the short serve 7. Be able to effectively play a range of shots in a game situation 			Racket Racket Speed Trajectory Shuttle cock Points Outwit Follow-through	

Subject Curriculum Overview for Academic Year 2022/2023

	<ol style="list-style-type: none"> 8. Be able to play the backhand drop shot as a way of winning a point 9. Be able to play a backhand smash as a way of winning a point 10. Be able to play the backhand clear as a way of moving opponents around the court 11. Re-cap on the underarm clear/lift 12. Begin to use a range of shots to outwit their opponents in ½ court singles games 13. Begin to develop effective movement patterns to shots, thinking about entry and exit 14. Linking more complex skills in ½ court singles game situations 		
Football	<ol style="list-style-type: none"> 1. Know how to warm up safely for football, to prevent injury and be able to perform in small-sided games, with minimal teacher input. 2. Be able to play safely in a small-sided game, applying the main rules of football. 3. Be able to consistently and accurately apply core skills – passing, dribbling, shooting – effectively in a small-sided game. 4. Be able to defend/jockey in a 1v1 scenario. 5. Know the relevance and importance of good decision making in a game scenario 	Foul Decision Dribble Decision making Side foot Instep Laces	
Netball	<ol style="list-style-type: none"> 1. Students should lead a small group warm up, correctly using a pulse raiser & dynamic stretches 2. Students should perform and accurately select correct passes to beat a defender 3. Students should be able to “get free” from a defender correctly selecting the most appropriate technique 4. Students should know how to defend, knowing the difference between man and zonal marking 5. Students should be able to perform correct footwork and know how to use it to gain an attacking advantage 6. Students should be able to shoot with accuracy and know the importance of position in the D 7. Students should be able to apply skills in a game situation 	Advantage Umpire Trajectory Outwit Agility	
Dance (boys)	<ol style="list-style-type: none"> 1. Students know how to balance with an even distribution of weight 2. Students can jump with precision and control 3. Students know how to drop safely 4. Students can roll with fluidity and co-ordination 5. Students know how to combine actions into a sequence of movements 6. Students understand the health benefits and safety requirements of Parkour 	Balance Control Co-ordination Alignment Parkour	

Subject Curriculum Overview for Academic Year 2022/2023

Dance (girls)	<ol style="list-style-type: none"> 1. Students know where the style of Zumba originated and what styles of dance are used 2. Students can use their co-ordination to perform complex footwork 3. Students can perform movements with correct alignment 4. Students know how to balance with an even distribution weight 5. Students can jump with precision and control 6. Students understand the health benefits and safety requirements of Zumba 	Salsa Merengue Co-ordination Alignment Core-strength		
Subject: Core PE		Subject Leader: Jordan Kontarines	Year Group: 9	SUMMER TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Athletics	<ol style="list-style-type: none"> 1. Be able to independently warm up for each event 2. Complete a standing throw for javelin and know how to develop the technique for maximum distance (cross over) and in competitive situations (run up) 3. Know tactics relating to each event 4. Know how the event is measured and timed 5. Know rules and regulations relating to competitions. 	Run up Cross over Distance Measure Legal	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.	
Hockey	<ol style="list-style-type: none"> 1. Students should explain the Safety rules in Hockey – body position 2. Students should be able to dribble and roll out using correct technique 3. Students should attempt the V drag in a practice situation and attempt to use it in a small sided game (moving ball to left, backwards and then right. 2v2 situations) 4. Students should be able to attempt to use Elimination skills (e.g: lift on open stick) in a practice situation 5. Students should be able to use a variety of passes in a game situation Push Passing, Slap pass, hitting. 6. Students should be able to attempt a reverse slap and reverse hit 7. Students should be able to accurately replicate a Block tackle and Jab tackle 8. Students should attempt the reverse tackle in a practice situation 9. Students should be able to organise a Short Corners – students apply prescribed tactical plays in attack and defence. 10. Students should be able to create space in a 2v1 situation 11. Students should be able to play a Half pitch game – positions (including Goalkeeper) and using skills, rules and tactics learnt, including advantage in game play. Apply formations and set plays/tactics in game situation. 	Drag Rotate Pull Push Hit Strike Slap Follow through		

Subject Curriculum Overview for Academic Year 2022/2023

Cricket	<ol style="list-style-type: none"> 1. Effective running between the wickets. Re-cap on What is 'in' and what is 'out' 2. Further develop shot technique (pull and front foot drive) 3. Introduction to chasing the ball, pick up and throw 4. Recapping on fielding technique – long barrier, short barrier, one handed intercept 5. Recapping on shot technique (cut shot and back foot drive) 6. On drive – head and shoulder move first, body follows, keep the face open, high elbow 7. Consolidate fielding techniques under increasing pressure 8. Bowling - changing line and length according to batter and field restrictions 	Balance Follow-through Attacking the ball Crossover step Split step	
----------------	--	---	--

How parents can support learning in the subject this academic year

Make sure your child brings in the correct PE uniform: rugby shirt, navy JM t-shirt, navy shorts/skort, navy tracksuit bottoms, blue rugby socks with the gold trim/white socks.

Shin pads are needed for football and hockey.

Gum shields are strongly recommended for hockey and rugby (National Governing Body guidance).

Encourage your child to take part in regular exercise at the weekend.

Encourage your child to attend the afterschool sports clubs.

Play games with your child, throwing and catching and practise other skills like changing direction.

Recommended Reading

There are many superb sports books in the school library that are suitable for students to enjoy.

Points to note

There are many excellent sports clubs in the local area. Here are a handful that I would recommend. Please note that this list is not exhaustive.

Cricket – Colwall, Ledbury, Dymock, Redmarley, Bartestree

Football – Ledbury Swifts

Rugby – Ledbury Rugby Football Club

Athletics – Hereford/Worcester

Tennis – Ledbury Tennis Club

Hockey – Newent/Malvern

Basketball – Leadonites

JMSport – Courts and facility hire (squash, badminton, table tennis, martial arts)

Ledbury Leisure Centre – swimming