

Physical Education

Year 9 Overview

In year 9 pupils will learning about sports taught across year 7 and 8. Pupils will further develop their knowledge in a range of sports to be able to outwit an opponent within different sporting scenarios. They will also develop a greater understanding, of which skill to perform at a given time and why it is best suited to perform that skill. Pupils will reflect on their own performance and be able to give suggestions on how to improve their performance in future competitive scenarios.

Half Term	Curriculum Plan
Invasion Games	Sports will include: Rugby, Handball and Netball Pupils will develop their knowledge to be more effective at outwitting an opponent in a range of different sporting scenarios. Pupils will be able to reflect on their performance and alter it to be more successful. The learning will be underpinned continued learning of core skills, such as passing under pressure,
Net and Wall	Sports will include: Badminton and Tennis Pupils will develop their scoring and tactical awareness in singles and doubles games, applying skills from pickleball to tennis on a larger court. They will improve their forehand and backhand shots, using spin and placement strategically. In badminton, pupils will further develop their ability to outplay opponents by analysing weaknesses and selecting appropriate shots.
Gymnastics and Trampolining	Pupils will use the skills learned within year 7 and 8 to perform different shapes and positions whilst on a trampoline. Pupils will learn how to combine some of the movements whilst adding rotation to their performance and sequences.
OAA	Pupils will continue to develop their map and navigation skills using 6 figure grid referencing. Pupils will learn what bearings on and be able to confidently explain what bearing they are walking on when moving between control points. Pupils will further develop their communication skills and teamwork skills to complete tasks.
Athletics	Events will include: 100m, 400m, javelin, shot put, long and triple jump, relay. Pupils will learn how to tactically pace themselves during long distance events to run more competitive times. Pupils will further develop their throwing skills by combining multiple phases of a throw technique, to include more movement. Pupils will learn how to fully utilise the full distance of a change over zone to ensure that they maximise the potential of their running and team work ability.
Striking and Fielding	Sports will include: Rounders and Cricket Pupils will develop their understanding of tactics and gameplay, confidently applying scoring methods and ways to get opponents out with minimal teacher support. In cricket, they will learn advanced bowling techniques, such as spin bowling, and accurately identify and apply rules relating to no balls and wides.

PE Kit requirements

Pupils will need to ensure that they have PE kit for all lessons regardless of whether they are ill or injured. Pupils should always have their Ormiston PE t-shirt for lessons. Shorts, leggings and trousers must be black. Cycling shorts are not permitted in lessons

Useful links:

[Physical Education - BBC Bitesize](#)

Assessments:

Pupil assessment will be ongoing with a working at grade being reviewed each half term. Pupils will be assessed on their knowledge of the skill and practical performance which will contribute to their overall working at grade.