

KS3 Year 9 Option PE

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1		Summer 2
Key Concepts/ Topics	1. Outwitting opponents with the use of tactics based on opposition's strengths / weaknesses. 2. Outwitting opponents in attack & development of decision making. 3. Evaluating and improving & peer and self-assessment focus. 4. Development of leadership and communication skills. Physical Training: Components of fitness; fitness testing; methods of training; and principles of training. Health, Fitness and Well-being: physical, emotional and social health; lifestyle factors; diet and role of nutrients; and optimum weight.				Year 9 Exam	1. Outwitting opponents with the use of tactics based on opposition's strengths / weaknesses. 2. Outwitting opponents in attack & development of decision making. 3. Evaluating and improving & peer and self-assessment focus. 4. Development of leadership and communication skills. Sports Psychology: forms of practice continued; goal setting; guidance and feedback, mental preparation; and interpretation of data. Socio-Cultural Influences: influences on participation rates; interpretation of graphs; commercialisation; sporting behaviours; and deviance in sport.	
Recap/ Assessment	8 sports assessed (minimum 3 individual and 3 team sports) from Football, Basketball, Table Tennis, Rugby, Gymnastics, Health Related Fitness, Netball, Handball, Hockey, Badminton, Volleyball, Trampolining, Cross Country, Outdoor Adventurous Activities and Dance.					4 sports assessed (minimum 1 individual and 1 team sports) from Athletics, Cricket, Rounders, Softball, Tennis, Yoga, Pilates, Table Tennis and Dance.	
Link with National Curriculum and AO	This period will incorporate a mix of theory and practical lessons where the aim is to build depth of knowledge, spaced repetition and skills to prepare students for progression to starting Component 1 & 2 GCSE full course.					This period will incorporate a mix of theory and practical lessons where the aim is to build depth of knowledge, spaced repetition and skills to prepare students for progression to starting Component 1 & 2 GCSE full course.	
SPaG Objectives	- Emerging – Basic and some advanced knowledge of the key concepts being applied but with development required. - Developing - Performance of core skills in isolation is generally very good with few areas needing further development. - Secure – Most core skills and some advanced skills are applied to a high standard in isolation. Most core skills and some advanced skills applied effectively in some sporting situations, all concepts are well understood and applied. - Excelling – All core skills and some advanced skills applied affectively in a number of different sporting situations.						
Enrichment /Extra-curricular	1 hour to 1 hour 30minute sessions in each sport taking place weekly to increase breadth of opportunity and interest including some sports that are not covered in the curriculum.						
	Football, Swimming, Cycling, Basketball, Rugby, Hockey, Dance, Netball, Horse Riding, Archery, Volleyball, Table Tennis, Sports Scholars				Swimming, Dance, Tennis, Cricket, Rounders, Athletics, Archery, Sports Scholars		