



Thomas Adams - Physical Education

Year 9 – Curriculum map

The Big Picture:
You will be growing sport specific knowledge across a range of sports and activities whilst being examined in different assessment areas.

BTEC Sport Introduction Lessons

For those students who have chosen BTEC Sport in Year 10/11 you will have introduction practical/theory lessons looking at components of fitness and fitness tests.

Ten Physical Components of Fitness		
Cardio Endurance	Stamina	
Strength	Flexibility	Power
Speed	Co-ordination	
Agility	Balance	Accuracy

Athletics

You will develop technique and performance in track and field events. Your mind set and fitness will continue to play an important role in this Unit.

Striking and fielding (Rounders/Cricket/Softball)

You will learn more complex rules of the game by umpiring. You will develop skills learnt previously and develop knowledge of tactics/strategies to outwit your opponent. You will feedback to a partner about improving performance.

Assessment

You will be assessed in the following four strands separately. Your **FITNESS** will also be assessed throughout the year.



Handball

You will learn more complex rules of the game by umpiring. You will develop skills learnt previously and develop knowledge of tactics/strategies to outwit your opponent. You will feedback to a partner about improving performance.

Basketball

You will learn more complex rules of the game by umpiring. You will develop skills learnt previously and develop knowledge of tactics/strategies to outwit your opponent. You will feedback to a partner about improving performance.

Leadership

Decision Making

Performance

Mind Set

Summer Term

Dance

You will be able to use movement and gesture to communicate moods and feelings. You will perform to an audience and give feedback to another group to improve performance.

Football

You will learn more complex rules of the game by umpiring. You will develop skills learnt previously and develop knowledge of tactics/strategies to outwit your opponent. You will feedback to a partner about improving performance.

Trampolining/Gymnastics

You will learn how to vault over boxes looking at tuck and straddle through, headsprings and handsprings. You will learn how to spot and stop safely, perform a straight, tuck, pike and straddle jump. You will perform 1/2 and full turns as well as seat landings and swivel hips. You will learn the basics of front/back landings and flips.

Fitness (H.R.E.)

You will develop an understanding of why fitness testing needs to be accurate and reliable, comparing data to norm tables. You will learn about the different methods of training and principles of training.

Sports Education

Students will learn about the different roles in PE. They will take on one of these roles and the responsibility associated with it. Students will be assessed on their teamwork and leadership skills within a variety of sports.

Spring Term

Badminton

You will learn more complex rules of the game for singles and doubles. You will develop how to serve in a variety of ways and play a variety of shots to outwit an opponent. You will be able to umpire correctly and give a partner feedback on their performance

Volleyball

You will learn how to serve correctly, rules and lines of the court. You will develop knowledge of the set shot, dig, the smash and blocking shots.

Uni Hockey

You will develop an understanding of the rules of the game and areas of the court. You will learn how to hold the stick, dribble, stop, attack and defend and shooting skills. You will develop your knowledge of strategies and tactics of the game.

Autumn Term

Rugby

You will learn more complex laws of the game by umpiring. You will develop skills learnt previously and develop knowledge of tactics/strategies to outwit your opponent. You will feedback to a partner about improving performance.

Netball

You will learn more complex rules of the game by umpiring. You will develop skills learnt previously and develop knowledge of tactics/strategies to outwit your opponent. You will feedback to a partner about improving performance.

Your Physical Education journey starts here...



SHOW YOUR COMMITMENT...

How many of these can you complete?

Try your best in all lessons.

Bring your PE kit to all lessons.

Attend at least one extracurricular club each term.

Represent Thomas Adams in a sporting fixture.