

	<p>Intent: In year 9, students will explore a wide variety of sporting activities. Some of the groups will begin to focus on the performance aspect of each sport and activity covered over the course of the year, getting students ready for the GCSE and OCR courses available. Other groups will focus on leadership and officiating different sports, linking their knowledge of the sport with their confidence and leadership skills. Students will make links between these areas to develop their understanding of tactical and strategic awareness alongside good knowledge of the rules which can enhance performance. Each assessment will be used to inform future learning in the next unit, allowing teachers to focus on areas of knowledge and understanding which may need more practice.</p>				
<p>PE</p>	<p>Units are taught in carousel– groups will access at different times throughout the year. Students are assessed using the ‘Head/Heart/Hands’ model.</p>				
<p>Year 9</p>	<p>Invasion games</p>	<p>Strike and Field Games</p>	<p>Net and Wall games</p>	<p>Athletics</p>	<p>Fitness & Creativity</p>
<p>Knowledge</p>	<p>The rules associated with the sport or activity. The assessment methods to coach and develop performance. How performance is linked to the GCSE/OCR assessment criteria.</p>	<p>Students will gain knowledge of how to perform various skills essential to outwit their opponent such as: Throwing and catching, Fielding, Rules of the game, Batting and bowling. How performance is linked to the GCSE/OCR assessment criteria.</p>	<p>Students will gain knowledge of how to perform various skills essential to badminton, tennis and table tennis. Selecting the correct shot/pass, Rallying, Rules of the game, positioning on the court and serving and scoring. How performance is linked to the GCSE/OCR assessment criteria.</p>	<p>Students will gain knowledge of how to perform: Short distance runs Middle distance runs Jumps x3 Throws x3 How to measure and time. How performance is linked to the GCSE/OCR assessment criteria.</p>	<p>Students will gain knowledge of: Gymnastics Dance GCSE content (fitness testing, methods of training, COF) Healthy lifestyles. How performance is linked to the GCSE/OCR assessment criteria.</p>
<p>Understanding</p>	<p>The impact of selecting the correct pass within a competitive situation to maintain possession. How to read a situation and react accordingly, to gain/keep possession of the ball. How to outwit an opponent (dodge) in order to create a goal scoring opportunity. Play within the laws/rules of the game to gain an advantage. How effective movement off the ball is essential within a successful performance. Understand how to read the GCSE/OCR criteria and see how improvements can be made.</p>	<p>How to analyse a situation and respond quickly to reduce the opponent’s chances of scoring. Evaluate the importance of tactics and strategies when fielding and batting. How to adjust body position in order to direct an object with purpose. Apply the rules in order to gain an advantage over opponents. Adjust bowling methods to gain an advantage over the batting side. Work as a team to challenge the opposition. Understand how to read the GCSE/OCR criteria and see how improvements can be made.</p>	<p>The importance of selecting the correct shot within a game situation. How to read an opponent’s body language to anticipate a particular shot. The rules in order to maximise performance and play effectively. How to move effectively about the court in order to maximise performance. Demonstrate an understanding of the scoring system and where to serve from (and to whom). Understand how to read the GCSE/OCR criteria and see how improvements can be made.</p>	<p>How to develop existing technique in order to improve on prior performance. How to transfer skills into events. How to use feedback to make progress and add distance/reduce time to performances. How to provide suitable feedback to others to improve their performance. How to perform safely considering yourself, spectators and officials. Understand how to read the GCSE/OCR criteria and see how improvements can be made.</p>	<p>Be creative in developing gymnastics and dance motifs How to provide suitable feedback and act on feedback received to improve performance. How different training methods can be used to train different components of fitness. How to safely set up, execute and record different training methods and fitness tests. How to live a healthy active Lifestyle. Understand how the fitness elements link to different sports and the GCSE/OCR criteria.</p>
<p>Skills</p>	<p>Successful application of knowledge and understanding through specific tasks through: Demonstrating, Analysing, Applying and Evaluating.</p>				
<p>Formal Assessments</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>
<p>By the end of the year students on course for at least a grade 5 will demonstrate knowledge and understanding in a variety of team and individual sports. Students will have a knowledge of tactics and rules that they apply when participating in different activities. Students are able to lead and officiate peers, they have developed the confidence to evaluate their own and others performance. Students have at least two sports that would score 12 or above using GCSE practical criteria.</p>					