

Medium Term Planning Document: Physical Education - Year 9

Curriculum Intent:

Throughout Years 7 to 11 students will experience a broad range of activities that develops a student's knowledge, participation and experience of physical education and sport.

There are three fundamental strands that fuel our curriculum in order to develop a student holistically. The 'Fit to Perform' strand develops a student's practical ability to perform with the intention of building a love for sport and physical activity in order to promote life-long participation. Secondly, the 'Fit to Lead' strand which develop a student's character and give students an experience of coaching and officiating to develop the pathway into a sporting career. Finally, the 'Fit for Life' strand; whereby the students gain knowledge and understanding of how to live a healthy and active lifestyle from school into their adult life.

These strands are underpinned by our PE core values which seek to enhance an individual's character:

- Ambitious – to excel: to be the best they can be in and through PE and sport;
- Confident – when participating, performing and leading;
- Creative – in all aspects of physical performance, decision-making and problem solving;
- Respectful – of themselves, all of their peers and all adults involved in their sporting life;
- Enthusiastic – about engaging in physical activity and sport in school, out of school and beyond school life;
- Determined – to persist in overcoming obstacles, to lead healthy, active lifestyles and to achieve their best.

Summary:

To provide meaningful experiences in physical education and sport that develops an individual's character and enhances their own and others physical, mental and social well-being, leading to life-long participation.

'Why This, Why Now?'

In our planning, we have asked ourselves 'why this, why now?' Below is a summary of the order of content and why the content has been placed in the order we have chosen:

All students access the same activities in KS3 PE. Due to the requirement of different spaces, facilities and equipment for each sport, we ensure to rotate each class around the same activities throughout the academic year and KS3 so all students receive the same diet just at a different time in the year.

Medium Term Planning Document: Physical Education - Year 9

In year 7, students complete one week (2 lessons) in a range of activities at the start of the academic year in order to set the students into ability groups.

During KS3, all students participate in aesthetic activities, invasion games, net/wall games, outdoor and adventurous activities, athletics and striking and fielding games.

Football and netball are taught in each year at KS3 as they are our core sports at Northampton Academy due to the 'Elite Sports Programme' that runs alongside the PE department.

Dance is taught in year 8 in order to give all students the opportunity to participate in dance before choosing their KS4 options in year 9.

In year 7, students are taught orienteering in the summer term so they are able to access a outdoor and adventurous activity. This is split with athletics during the half term whereby students are taught the fundamental skills for the athletic events. In year 8 and 9, students access a full half term of athletics to go into more depth into the skills, techniques and competitive rules of each event to progress students further.

In year 9, students access alternative sports, this allows students to access inclusive sports as set out by national guidelines and enables students to access a broader range of activities. This is important as in year 10 and 11 students are given the opportunity to choose what activities they participate in in PE. Therefore, students will have experienced a variety of sports in order to make an informed decision.

We offer within the curriculum that allows students to get into more depth in each activity and make more progress and is in line with national guidelines. We tried to balance this with the student voice with asked for more breath of activities which is why the alterative half term is put into place whereby students participate in a different activity each week.

In year 8 and 9, students complete a fitness SOW. In year 7 students are taught the fundamentals of fitness within their different sporting activities. In year 8, students are introduced to knowledge that makes up the BTEC Specification in order to raise attainment in KS4. In year 9, students start to learn more complex knowledge from the BTEC specification and then apply this knowledge to training sessions/programme.

Year 8 – Component of fitness, warm ups and cool downs, intensity and lifestyle, methods of training (Components 1 & 3 in specification).

Year 9 – Principles of training, methods of training and goal setting (Components 1 & 3 in specification).

Medium Term Planning Document: Physical Education - Year 9

The Medium Term Planning document below is designed to show the journey that every student takes through our curriculum. Some elements of the curriculum may be taught over several lessons, others in a single lesson.

Subject Name	Year 9 – Term 1 & 2		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Leadership	1. Recapping skills in isolation	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Leadership SOW
	2. Recapping skills in conditioned practices		
	3. Recapping skills in competitive situations		
	4. Session planning/delivery		
	5. Session planning/delivery		
	6. Session planning/delivery		
	7. Session planning/delivery		
	8. Application of STEP		
	9. Application of STEP		
	10. Officiating		
	11. Officiating		
	12. Officiating		
Rugby	1. Spin Pass	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Rugby SOW
	2. Extended methods of tackling – double tackle		
	3. Apply extended methods of tackling		
	4. 8 man scrums		
	5. Kicking		
	6. Outwitting, application & evaluation		
Table tennis	1. Chop/Slice shot	<ul style="list-style-type: none"> • Show me • Questioning 	Table tennis SOW
	2. Topspin shot		
	3. Tactical play – use spin shots to gain an advantage		

Medium Term Planning Document: Physical Education - Year 9

	4. Full doubles rules	<ul style="list-style-type: none"> • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	
	5. Application into competitive doubles games		
	6. Application into competitive doubles games		
Fitness	1. Warm up and cool down	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Fitness SOW
	2. Intensity		
	3. Training for aerobic endurance		
	4. Weight training for muscular strength		
	5. Weight training for muscular endurance		
	6. Fitness testing		
	7. Goal setting, components of fitness, POT: Specificity		
	8. POT: Progressive overload		
	9. POT: Progressive overload – BORG scale		
	10. POT: Variation		
	11. POT: Variation linking to barriers		
	12. POT: Adaptation and review		
Alternative sports	Cheerleading lesson 1 – Motions	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Alternative sports SOW
	Cheerleading lesson 2 – Stunts		
	Parkour Lesson 1 – Introduction into parkour		
	Parkour Lesson 2 – Sequence creation		
	Gymnastics Lesson 1 – Springboard work		
	Gymnastics Lesson 2 – Basic Vaulting		
	Dodgeball Lesson 1 – Throwing and Catching		
	Dodgeball Lesson 2 – Dodging and Deflecting		
	Hockey Lesson 1 - Dribbling		
	Hockey Lesson 2 - Passing		
	Ultimate Frisbee Lesson 1 - Backhand		
	Ultimate Frisbee Lesson 2 - Catching		

Medium Term Planning Document: Physical Education - Year 9

Tennis	1. Recap ready position, grip. Consolidate forehand & backhand	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Tennis SOW
	2. Developing movement patterns, groundstroke rally		
	3. Volley development, introduction to lob		
	4. Overarm Serve, develop return of serve		
	5. Doubles games, court position & relevant shots practice		
	6. Singles games, technical skills & tactics		
Basketball	1. Attacking/Outwitting an Opponent	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Basketball SOW
	2. Develop Shooting – Lay up		
	3. Defence - Zone		
	4. Strategies for attacking (3 man weave)		
	5. Tactics		
	6. Application in games situation (tournament)		

Summative Assessment:

Pupil Mid-Year Assessments will take place at the end of half term 2. These will cover all content taught in the first 2 half terms. This assessment will inform pupil Rank Order in the subject.

Medium Term Planning Document: Physical Education - Year 9

Subject Name	Year 9 – Term 3		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Cricket	Cricket Fundamentals	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Cricket SOW
	Defensive shots		
	Cut shot		
	Spin/Pace		
	Wicket keeping		
	Competitive games		
Rounders	Fielding	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Rounders SOW
	Bowling Development		
	Batting Development		
	Rounders Tactics		
	Rounders tactics		
	Assessment		
Softball	1. Throwing to create 'outs'	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Softball SOW
	2. Improving batting strategy		
	3. Improving running at bases		
	4. Fielding ground balls and fly balls		
	5. Variety within pitching techniques		
	6. Application of skills to game play		

Medium Term Planning Document: Physical Education - Year 9

Athletics	1. Sprinting 200m (Technical recall)	<ul style="list-style-type: none"> • Show me • Questioning • Conditioned games/competitive situations • Cold calling • No opt out • Pupil discussions • Peppering 	Athletics SOW
	2. Sprinting 200m (Competition, strategy and officiating)		
	3. Middle distance 900m (Technical Recall)		
	4. Middle distance 900m (Competition and officiating)		
	5. Triple Jump (Technical)		
	6. Triple Jump (competition and Officiating)		
	7. Javelin (Technical Recall)		
	8. Javelin (Competition and Officiating)		
	9. Shot Putt (Technical Recall)		
	10. Shot Putt (Competition and Officiating)		
	11. Relay (Technical Recall)		
	12. Relay (Competition and Officiating)		



Medium Term Planning Document: Physical Education - Year 9

Summative Assessment:

Pupil End of Year Assessments will take place at the start of half term 6. These will cover all content taught in the first 5 half terms. This assessment will inform pupil Rank Order in the subject. As well as the content listed below, there is an expectation that staff will work with pupils to improve knowledge in areas of weakness identified in the summative assessments. This may include in school and out of school intervention, and collaborative and independent study.