

## Curriculum Implementation Mapping – Skills and Knowledge

**Subject:physical education**

**Year group:9**

Topic	rugby	football	netball	volleyball	badminton	basketball	gymnastics	handball ( if resourced)
<b>Knowledge</b>	consolidation of year 1+ 2 uncontested lineouts rules of the lineout. 6 man scrums offside at scrums. Develop decision making in the tackle ( place, pass, pop). Use of different passes to pressure opponents	passing and control. When to use a volley, diving headers goalkeeping and shooting. Possession from a throw in (+ rules) Crossing: for effectiveness	sport ed focus: use of set plays( centre pass) zone defence Attacking/ defending backlines & sideline 3 seconds Replayed ball Over a third Obstruction Contact Simultaneous Toss ups umpiring free pass penalty pass	<b>When to: use Service – underarm and overarm. Dig – one arm/two arm (receiving serve and from teammates). Volley – set, straight, sideways, overhead. Smash/spike. Block – single and double. Rules of service and open play basic refereeing signals</b>	tactical use of : low forehand serve,underarm clear/lob, forehand drive, net play ( net kill) rules regarding net play( contact with net etc). use of shot variety to pressurise opponent: move around width and depth of clears. Pressurise tactics of singles	non dominant hand: tactical use of lay up, dribbling and shooting. Use of counter attack using the fast break drill. When it should be used and the roles of each person: rebounding, outlet defensive and offensive strategies > cutting, formations, rules of possession clock, fouls, contact and free throws.	flight: understand the technique involved during the approach, take off and landing on a springboard or trampette. Develop to include shapes.	Technique and tactical use of various passes. Receiving and signalling, shooting and moving with the ball Goalkeeping skills and tactics for defence. Basic rules involving movement and scoring
<b>Skills</b>	switch pass, lateral pass miss pass. presentation in tackle vs continuity ( pop) Mauling to maintain possession and gain ground	The volley, diving headers goalkeeping: parry, punch throw , narrowing angle. Catching. Possession from throw in. Lofted cross for distance and accuracy	Footwork. Pass variation speed of running pass	Service – underarm and overarm. Dig – one arm/two arm (receiving serve and from team mates). Volley – set, straight, sideways, overhead. Smash/spike. Block – single and double.	low forehand serve,underarm clear/lob, forehand drive, net play ( net kill).  increased depth of clears to put more pressure on opponent/give performer more time	non dominant hand: of lay up, dribbling and shooting  rebound . fast break outlet, cutting and communication	<ul style="list-style-type: none"> <li>● Half turn, full turn</li> <li>● Arab spring / hand spring</li> <li>● Through vault</li> <li>● Straddle vault</li> <li>● Side vault</li> <li>Head spring (advanced)</li> </ul>	Passing – shoulder, side wrist, bounce, feint (stationary and on the move). Receiving – making a target (signalling), one/two handed catch – stationary and on the move, intercepting. Shooting – standing, jump,hip. Moving with the ball – dribbling/dodging. Jockeying/marketing/ tackling. Goalkeeper: Positioning and narrowing the angle, anticipating.

## Curriculum Implementation Mapping – Skills and Knowledge

**Subject:physical education**

**Year group:9**

Topic	athletics	(ath )throws	rounders	tennis	dance	hockey	HRF	trampoline	OAA
<b>Knowledge</b>	sprints> starts, (phasing ) pacing of 100,200 , 800 1500. Timing of sprint finish for middle distance sprint hurdles	SAFETY> javelin discus and shot. correct technique maximising force though the is of all muscles in the body, not just the arms	To understand: advanced tactics, fielder placement, batting placement more complex rules .Use of spin and speed in bowling to pressure batsman use of reverse hit to find fielding space.	Groundstrokes: grip, fore/backhand When to use spin Movement and the ready position. scoring methods and the service boxes for singles and doubles.	Use of focus and projection. Changing levels. Use lifts and falls, altering pathways repetition, spatial variation	To be able to lead sections of the warm up. To be able to perform the reverse stick turn, Indian dribble, lift the ball over an opponents stick and demonstrate methods of beating a player. To understand and know the rules that affect moving with the ball on the reverse stick side and the raising ball.	Planning programmes to meet demands of sports. Circuit training HIIT Understanding how a variety of training methods can maintain motivation. Know the importance of warm up and cool down.	Safety on and around trampoline. Spotters. Body tension in the execution of core skills shaping : tuck pike straddle seat/front drops Controlled jumping Understand how to perform a routine and what you will lose marks for.	to be able to apply knowledge of compass work, pacing and route planning in competitive orienteering
<b>Skills</b>	pacing technique . lead leg and trail leg in hurdles	technique of 3 throws> shot: toe knee chin , dirty neck clean palm jav and discus: long radius and leg hip arm. Run up in javelin, glide in shot and Half turn in discus ( if safe).	throwing for distance. batting stance, bowling fielding balls and returning to bases. Communication of tactics. Bowling variance, batting placement and reverse hit and increased power.	consolidation of forehand and backhand strokes use of spin. Hand and racket feeds	lifts and falls, altering pathways, changing direction at pace and under control repetition, spatial variation	“D” dodge, block and jab tackle 3 man weave “slap and drag” pass	CROSS FIT : exercises associated with activities used AEROBICS t25 WARM UP AND COOL: pulse raising, tpes of stretching dynamic,static PNF  Design own session	( relevant to student experience) <ul style="list-style-type: none"> <li>●Tuck jump</li> <li>●Straddle jump</li> <li>●Pike jump</li> <li>●Seat drop</li> <li>●Half twist</li> </ul> Full twist <ul style="list-style-type: none"> <li>● Seat drop</li> <li>● Seat drop &gt; ½ twist</li> <li>● ½ twist &gt; seat drop</li> <li>● Swivel hips</li> <li>● Back drop</li> </ul>	Taking and reading a compass under timed pressure. Using that information to plan a route