

(Y9) (Core PE) Curriculum Summary

Activity	Unit / title	Core knowledge / links to previous and future learning	Formative (interim) assessment / homework	Formal assessment
1	Football	<ul style="list-style-type: none"> ● Skills: Ball control and dribbling under pressure, pass & move, to create space, 1 v 1's. ● Rules: Basic offside rule. ● Fitness Testing: <ol style="list-style-type: none"> 1. Explain with a football example how having speed will improve their / footballers performance. Speed 30m Sprint Test <ol style="list-style-type: none"> 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion (RPE) ● Tactics: Triangles, switch play, overlaps. 	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
2	Invasion games	<p>Netball</p> <ul style="list-style-type: none"> ● Skills: Replay, Court positions, Free/Penalty pass. ● Rules: Shooting (distance), Rebouncing, intercepting. ● Fitness Testing: <p>Grip Dynamometer Test - Independent knowledge of correct procedure</p> <ol style="list-style-type: none"> 1. Maximal and sub maximal tests 2. Intensity - Rating of Perceived Exertion (RPE) <p>Fitness Strength Training (Changing sets & reps to suit the</p>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment

		<p>performer).</p> <ul style="list-style-type: none"> ● Tactics: Drive and Clear out. <p>Rugby League</p> <ul style="list-style-type: none"> ● Skills: Side steps, Faints. Kicking (Conversions/Penalties/Punts), 5 Man Scrums (crouch,bind,set), Contact Front/Side/Rear & Holding up the ball. ● Rules: Penalties/Conversions, 10m disrespect rule, Offside Penalty. ● Fitness Testing: <p>Grip Dynamometer test - Independent knowledge of correct procedure</p> <ol style="list-style-type: none"> 1. Maximal and sub maximal tests 2. Intensity - Rating of Perceived Exertion (RPE) <p>Fitness Strength training - (changing sets & reps to suit the performer)</p> <ul style="list-style-type: none"> ● Tactics: Switch Pass. 		
3	Outdoor Pursuits	<ul style="list-style-type: none"> ● Communication: Orienteering (compass skills). ● Cross Country ● Fitness Testing: <p>Aerobic Endurance</p> <ol style="list-style-type: none"> 1. Continuous/Interval/ Fartlek Training <p>Multi-Stage Fitness Test</p> <ol style="list-style-type: none"> 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion (RPE) 3. Maximal and Submaximal tests ● Communication: <ol style="list-style-type: none"> 1. Team Building Activities 2. Capture the Flag 	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
4	Badminton	<ul style="list-style-type: none"> ● Skills: Long & Short Serve, Backhand & Forehand. ● Rules: Ways of scoring a 	Practical observation (Practical ability &	Online Assessment

		<ul style="list-style-type: none"> point. ● Fitness Testing: Muscular Endurance. Sit up & press up test <ol style="list-style-type: none"> 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion (RPE) ● Circuit Training ● Tactics: 1 v 1 defending shots. 	Sporting Characteristics assessment)	
5	Basketball	<ul style="list-style-type: none"> ● Skills: Lay - up, Rebounding. ● Rules: Fouls (charges offensive/defensive, contact reaching/holding/striking) Flagrant behaviour (kicking, punching, poor sportsmanship), Types of free throw. ● Fitness Testing: Power & Agility - SAQ <ol style="list-style-type: none"> 1. Illinois Agility run 2. Vertical Jump Test ● Tactics: The Fast Break. 	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
6	Leadership	<ul style="list-style-type: none"> ● Tournament Design 	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
7	Rounders	<ul style="list-style-type: none"> ● Skills: Bowling Technique, Contact the ball, Throw overarm. ● Rules: Contact the base rule, misfield rule. ● Tactics: Alter tactics depending on the fielding positioning and the ability of the batters. Use 'No Ball' tactics. 	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
8	Cricket	<ul style="list-style-type: none"> ● Skills: Batting - back foot shots(pull). Overarm Bowl - Throwing and catching longer distances. ● Rules: Umpiring signals and appeals. ● Tactics: Defensive fielding 	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment

		positions.		
9	Athletics	<ul style="list-style-type: none"> ● Throwing Events: Javelin & Shot Put. ● Sprint Events: 100m, 200m & Relay. ● Endurance Events: 400m & 800m. ● Jumping Events: High Jump. 	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment