



Curriculum Plans – Key Stage 3 Physical Education

Year 9

	Block 1/Block2/ Block 3	Block 4/ Block 5	Block 6/ Block 7
	<p>Sports Knowledge Unit: Health and Well-being</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate and use a serve, dig, volley and set -Complete a rally of 20 minimum -Show the difference between a forehand and a backhand -Demonstrate a serve -Move around the tennis court safely and effectively -Return a serve -Demonstrate a smash -Demonstrate forehand and backhand -Understand the rules of the game <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Serve low, short, high and deep -Complete a rally of 30 minimum -Compete in a competitive game -Switch between forehand and backhand shots in a game situation -Serve, and ace a return serve -Move around the court quickly with control -Serve low, short, high and deep -Compete in a competitive game -Demonstrate effective movement on the court 	<p>International Games Unit: Handball/Floor Hockey/ Fitness and Strength Conditioning</p> <p>Sports Knowledge Unit: Training/ Skills and Skill Acquisition</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Move the ball down the court with the floor hockey stick -Pass the ball (short, long) using the correct part of the hockey blade -Dribble with the handball -Turn with the ball -Perform the role of goalkeeper -Shoot at goal -Pass and receive -Change direction with the ball -Stop and pivot with the ball <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Move the ball with the floor hockey stick past opponents with precision and control -Use a range of passes successfully -Successfully connect long passes of the ball -Gain possession -Keep possession -Shoot on target -Score when shooting on net -Dribble with either hand and change direction keeping off defenders -Intercept players -Catch and turn in the air 	<p>Fielding and Target Games Unit: Danish Longball/Rounders/ Target Games/ Fitness and Strength Conditioning</p> <p>Sports Knowledge Unit: Skills and Skill Acquisition</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Strike the ball -Pass the ball (short, long) -Run with the ball -Turn with the ball -Perform the role of pitcher -Throw to bases -Run to bases -Throw/ strike an object toward a target - Field the ball <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Use a range of passes successfully -Tag students out -Keep possession -throw on target -Understand tactical problems related to target games, including: -Shot selection -Judge distance -Prevent points -Protect a shot
Assessment	<ul style="list-style-type: none"> Observations -Q&A -Skill demonstrations -Skill practice -Peer Review -Group Work -Knowledge checks -Skill assessment -Fitness assessment -Knowledge assessment 	<ul style="list-style-type: none"> Observations -Q&A -Skill demonstrations -Skill practice -Peer Review -Group Work -Knowledge checks -Skill assessment -Fitness assessment -Knowledge assessment 	<ul style="list-style-type: none"> Observations -Q&A -Skill demonstrations -Skill practice -Peer Review -Group Work -Knowledge checks -Skill assessment -Fitness assessment -Knowledge assessment