

Co-op Academy North Manchester - Year 9 PE Curriculum

Y9	HT1	HT2	HT3	HT4	HT5	HT6
Topic(s)	Football/Netball Tennis /Softball	Rugby/Basketball	Orienteering/Fitness	Gymnastics/Table Tennis	Cricket/badminton	Athletics/rounders
Substantive Knowledge (Know That...)	<ul style="list-style-type: none"> ● Outwitting opponents through the effective use of tactics and strategies. ● Implementing rules of the game/activity through umpiring roles. ● Developing leadership through coaching, umpiring, and constructive feedback in support to refine skills in more challenging situations. ● Striking and fielding. ● Identify and demonstrate advanced skills and techniques used. 	<ul style="list-style-type: none"> ● Outwitting opponents through the effective use of tactics and strategies. ● Implementing rules of the game/activity through umpiring roles. ● Developing leadership through coaching, umpiring, and constructive feedback in support to refine skills in more challenging situations. ● Identify and demonstrate advanced skills and techniques used. 	<ul style="list-style-type: none"> ● Team building and further development of leadership. ● Advancing navigation skills and applying the correct methods. ● Healthy, active lifestyles. ● Anatomy and physiology. ● Methods of training. ● Identify and demonstrate advanced skills and techniques used. 	<ul style="list-style-type: none"> ● Advanced skills and techniques, development within vaulting. ● Group routine and teamwork. ● Outwitting opponents through the effective use of tactics and strategies. ● Implementing rules of the game/activity through umpiring roles. ● Developing leadership through coaching, umpiring, and constructive feedback in support to refine skills in more challenging situations. ● Identify and demonstrate advanced skills and techniques used. 	<ul style="list-style-type: none"> ● Outwitting opponents through the effective use of tactics and strategies. ● Implementing rules of the game/activity through umpiring roles. ● Developing leadership through coaching, umpiring, and constructive feedback in support to refine skills in more challenging situations. ● Striking and fielding. ● Identify and demonstrate advanced skills and techniques used. 	<ul style="list-style-type: none"> ● Outwitting opponents through the effective use of tactics and strategies. ● Implementing rules of the game/activity through umpiring roles. ● Developing leadership through coaching, umpiring, and constructive feedback in support to refine skills in more challenging situations. ● Striking and fielding. ● Identify and demonstrate advanced skills and techniques used.
Disciplinary Knowledge (Know How...)	<ul style="list-style-type: none"> ● Select and apply the necessary tactics and strategies to outwit an opponent. ● Refine and further develop tactics and strategies alongside skills. Be able to perform these skills ● in more challenging 	<ul style="list-style-type: none"> ● Select and apply the necessary tactics and strategies to outwit an opponent. ● Refine and further develop tactics and strategies alongside skills. Be able to perform these skills ● in more challenging 	<ul style="list-style-type: none"> ● Communication - Verbal and Non-Verbal. ● Find solutions to challenging problems either individually or in a team. ● Applying the correct methods and navigation skills when reading maps. 	<ul style="list-style-type: none"> ● Flight elements. ● Tension, extension, unison. ● Reflective assessment - compare previous performances and demonstrate improvement to achieve personal best. ● Select and apply the 	<ul style="list-style-type: none"> ● Select and apply the necessary tactics and strategies to outwit an opponent. ● Refine and further develop tactics and strategies alongside skills. Be able to perform these skills ● in more challenging 	<ul style="list-style-type: none"> ● Select and apply the necessary tactics and strategies to outwit an opponent. ● Refine and further develop tactics and strategies alongside skills. Be able to perform these skills ● in more challenging

Co-op Academy North Manchester - Year 9 PE Curriculum

	<p>situations.</p> <ul style="list-style-type: none"> ● Application of the rules. 	<p>situations.</p> <ul style="list-style-type: none"> ● Application of the rules. 	<ul style="list-style-type: none"> ● Understanding the importance of physical activity. ● Developing knowledge on nutrition. ● Increasing the knowledge of the body. ● Application of the rules. 	<p>necessary tactics and strategies to outwit an opponent.</p> <ul style="list-style-type: none"> ● Refine and further develop tactics and strategies alongside skills. Be able to perform these skills ● in more challenging situations. ● Application of the rules. 	<p>situations.</p> <ul style="list-style-type: none"> ● Application of the rules. 	<p>situations.</p> <ul style="list-style-type: none"> ● Application of the rules.
Assessment	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.
Homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework
Wider reading	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies
How to help at home	<p>Join an extra curricular club or external sports specific club that will coach and develop your child in their chosen sport.</p> <p>Encourage your child to watch various sporting events.</p> <p>Practice physical literacy skills (Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity).</p> <p>Go swimming or cycling with your child</p>					