



## Course Outline

### Physical Education Year 9

*Inspiring excellence, empowering global minds*

#### Overview

The Physical Education syllabus at GEMS Wesgreen International School aims to explore the students' sporting skills in many games and sports. Students build on their confidence through a set of competitive activities whilst maintaining an appreciation of their physical fitness. They explore strategies, tactics and techniques, which develop their critical thinking. They are empowered in a safe environment, to decide when and where to apply their ideas. The introduction of key terms such as fair play and sportsmanship, develop a range of interpersonal, social and moral skills. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for children to become physically confident in a way, which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

#### Learning Outcomes

Children demonstrate increased muscular strength and endurance and an improvement in areas of fitness. They demonstrate the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of different activities. Children recognise the importance of practice, participating in regular moderate physical activity for at least thirty minutes a day. They identify and assess their current fitness levels and modify wellness practices in order to improve body composition, flexibility, cardiovascular fitness, muscular endurance and muscular strength. Children demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the performance of individual and team activities. They develop individual and team offensive and defensive programs, which are applicable to specific goals. Children can evaluate various techniques for effectiveness, demonstrate skills at an advanced level and apply concepts into practice. They can demonstrate an expert knowledge of the strategies and skills of the sport; use critical thinking skills to apply this knowledge to a competitive situation in order to achieve a personal best. Children will embody the traits of good sportsmanship and a sense of team, in both competition and practice.

In physical education, the national curriculum focusses on,

- Applying advanced skills and techniques with control and fluency.
- Using multiple tactical ideas in response to a changing opponent.
- Using different fitness components and different fitness tests.
- Adapting advanced exercise techniques.
- Exercising for an extended period without fatigue.

- Using and adapting physical tests and data to improve training.
- Evaluating strengths and weaknesses in their own work and the work of others', to implement ways of significantly improving performance.

## Ongoing Objectives

The aims of the Physical Education Syllabus are to encourage and enable students,

- To apply a range of advanced skills and techniques correctly with control and fluency.
- To use multiple advanced tactical and compositional ideas in response to a changing stimulus.
- To justify the strengths and weaknesses in their own and others work.
- To consistently use a range of advanced skills, techniques and actions with precision and fluency during a performance.
- To demonstrate an exceptional range of advanced skills, techniques and actions with precision and fluency and have a significant impact in a game.
- To create and perform an exceptional range of advanced skills to tactically respond to a changing opponent.
- To routinely analyse performance by continuously providing constructive ways to make significant improvements.
- To demonstrate a wide range of advanced exercise techniques without fatigue.

## Unit Overview

### Term 1

#### Unit 1 - Physical Testing

**Approximate length: 2 weeks**

Children will take part in a number of standardised physical tests. They explore the tests for power, speed, strength and endurance. These are all aspects that help improve their fitness and performance in many of the sports taught on the curriculum and in everyday life. Teachers explain how to do the tests and how children can improve their score. The safe and supportive environment allows a focus on personal reflection and achievement.

#### **Specific National Curriculum Objectives Covered:**

To measure the different components of children's fitness in:

- Speed.
- Stamina.
- Strength.
- Power.

**Unit 2 - Athletics****Approximate length: 4 weeks**

Children will explore their fitness capabilities by improving their cardiovascular endurance, muscular strength and power. The skills of throwing, jumping and running, form the focal point of delivery, as well as combined multi events and relays for competition. Mathematical, scientific and geographical skills will be also be combined in calculating results.

**Specific National Curriculum Objectives Covered:**

- To be able to perform the basic technique for an effective sprint race.
- To replicate the correct posture, arm action and leg action.
- To explore different tactics involved in races.

**Unit 3 - Basketball****Approximate length: 4 weeks**

Children will explore the skills within the sport of Basketball. They develop their dribbling, shooting and passing abilities by breaking down the motor programmes and fundamental components of the different aspects of each skill, such as hand eye coordination. These skills will develop through a series of activities and conditioned games, which encourage progression and improve their knowledge and understanding of the game.

**Specific National Curriculum Objectives Covered:**

- To evaluate the players ability to get past an opponent.
- To evaluate the speed of passing on the fast break.
- To evaluate the layup shot technique upon receiving a pass on the move.
- To evaluate the tactics used when attacking space to score.

**Unit 4 - Volleyball****Approximate length: 4 weeks**

Children will explore the skills within the sport of Volleyball. They develop the strength and co-ordination of their hands and arms as well as the major muscle groups in the upper body, to perform digging, setting and spiking shots with improved accuracy and power. The key techniques and drills performed allow skills to be refined through repetitive practice and conditioned games. This enables the techniques to improve in consistency and accuracy as well as progressing over time.

**Specific National Curriculum Objectives Covered:**

- To evaluate the effectiveness of the overarm serve skill from a half court serve line.
- To evaluate my partners, dig and set shot technique.
- To evaluate the spike technique within a game situation.
- To evaluate the use of different formations for playing against different opponents within games.

**Unit 5 Football****Approximate length: 4 weeks**

Children will explore the skills within the sport of Football. They will participate in activities that develop their lower body co-ordination. As these are completed, children will improve their passing, shooting and dribbling skills. They explore the challenging activities and success criteria, which develop their speed and strength in this popular unit of work. Opportunities to act upon constructive feedback received, from other children and teachers, help to develop their skills further. A series of activities and conditioned games, develop timing, co-ordination and self-awareness, which helps children's progress.

**Specific National Curriculum Objectives Covered:**

- To evaluate the player's ability to dribble past an opponent using a move or turn under control at speed.
- To evaluate the quality of passing through a defence to create goal-scoring chances.
- To evaluate the shooting technique from receiving passes on the move and scoring past a goalkeeper.
- To evaluate the tactics used when attacking space to score, dragging players out of position.

**Unit 6 Rugby****Approximate length: 4 weeks**

Children will explore the skills within the sport of Rugby. They are given the opportunity to co-ordinate their upper body in line with their lower body, as they improve their catching, throwing, passing and running with the ball. Different aspects of each of the skills are broken down for each child, to present success criteria for them to improve. They assess their progress upon the received constructive feedback, from other children and staff, in order to develop these skills through a series of activities and conditioned games.

**Specific National Curriculum Objectives Covered:**

- To evaluate the players ability to use a side step to evade a tag and progress forward.
- To evaluate the players ability to draw defenders in and then pass late to allow a teammate to get past a defender.
- To evaluate the players ability to beat a player one on one to score a try.
- To evaluate the players ability to stay in a line formation to protect the wings and space.

**Unit 7 - Rounders****Approximate length: 4 weeks**

Children will explore the skills within the sport of Rounders. Practicing the skills of catching, throwing, fielding, bowling and batting, develop transferable skills, such as teamwork and communication. As well as these holistic values, more complex skills are linked together with timing

and strategy to allow children to enjoy a different type of competition. Across the unit, the practiced activities and conditioned games provide opportunities to develop tactics, leadership and captaincy.

**Specific National Curriculum Objectives Covered:**

- To evaluate the long barrier catching skill.
- To evaluate the correct position when fielding.
- To evaluate a consistent batting technique using a Rounders ball.
- To evaluate different fielding tactics.

**Unit 8 - Dodgeball**

**Approximate length: 4 weeks**

Children will explore the skills within the sport of Dodgeball. They build upon their throwing and catching skills by further developing their moving and dodging skills. Dodgeball also provides students the opportunity to problem solve in a fun, safe environment whilst refining their persistence, honesty and sportsmanship abilities, which are essential across the unit.

**Specific National Curriculum Objectives Covered:**

- Apply throwing technique to demonstrate accuracy, power and distance.
- Evaluate teamwork and positioning on the court.
- Apply throwing technique on the move to increase power.

**Term 2**

**Unit 9 - Badminton**

**Approximate length: 4 weeks**

Children will explore the skills within the sport of Badminton in this unit. They practice a range of different models to develop the skills of serving, clearing and smashing. Different equipment and differentiation helps students to access and refine the complex skills needed to take part in small games. This unit also allows us to explore the use of rules and ethics of sportsmanship and gamesmanship, as well as develop children's scoring and umpiring abilities.

**Specific National Curriculum Objectives Covered:**

- To evaluate the technique of the overhead clear.
- To evaluate the drop shot technique.
- To evaluate the smash technique.
- To evaluate the disguise applied to the angle and variation of shots played.

**Unit 10 - Cricket**

**Approximate length: 4 weeks**

Children will explore the skills within the sport of Cricket in this unit. Catching, throwing, fielding, bowling and batting skills complement and expand the development of the learning experience. Concentration and reaction time underpin the key learning processes and form the focal point of the

progress. Tactical skills such as organization and motivation ensure that a range of different situations, develop transferable leadership and communication skills.

**Specific National Curriculum Objectives Covered:**

- To evaluate the accuracy of the bowling technique, using a run up.
- To evaluate the technique of collecting and returning to the wicket keeper.
- To evaluate the pull shot technique.
- To evaluate the correct throwing direction during run outs.

## Term 3

### Unit 11 - Netball

**Approximate length: 4 weeks**

Children will explore the skills within the sport of Netball in this unit. They learn the fundamentals of footwork, shooting and passing, which challenge and develop children physically. This unit also facilitates cognitive development by applying agility, blocking and intercepting skills, in small-sided games. Maximum involvement ensures, whilst providing good opportunities for teacher and peer feedback and reflection, fun and progress are at the forefront of the learning experience.

**Specific National Curriculum Objectives Covered:**

- To evaluate the quality, speed and accuracy of different passing techniques down the court.
- To evaluate the technique of faking and changing direction quickly to be free from a marker to receive a pass.
- To evaluate shooting technique with accuracy in a game situation, with a defender in front.
- To evaluate the tactic of switching and reversing the play to attack space creating scoring opportunities.

### Unit 12 - Hockey

**Approximate length: 4 weeks**

Children explore the skills of dribbling, shooting and passing with different surfaces, goals and equipment. Predominantly developing their hand eye coordination the trapping, slapping and hitting abilities, allow children to develop a tactile feel for motor development, which provides them with a unique learning experience to enjoy.

**Specific National Curriculum Objectives Covered:**

- To evaluate the players ability to dribble past an opponent using a move or turn under control at speed.
- To evaluate the quality of passing over a defender to create goal scoring chances.
- To evaluate shooting technique from different positions and angles. Receiving passes on the move and scoring past a goalkeeper.
- To evaluate the tactics used when attacking space to score dragging players out of position.

**Unit 13 - Games for understanding****Approximate length: 4 weeks**

Children will explore different activities that require different movement patterns. This unfamiliar situation allows the development of strategy, tactics and critical thinking. Key skills such as rule discipline, problem solving and teamwork, help to improve children's leadership, communication and physical literacy skills.

**Specific National Curriculum Objectives Covered:**

- Apply coaching and evaluating skills to improve team's performance.
- To develop innovation and creativity within games.
- To explore different games and rules within activities.

**Assessment**

**Formative:** Children are required to apply their skills, knowledge and understanding of tactics within games. They regularly receive feedback across each lesson and discuss what they have learnt. They review how the learnt skills have been applied in new and different competitive situations. Children are given the opportunity to assess their recall and scientific reasoning in developing their understanding of performance. This allows children to connect areas of the curriculum and draw their own conclusions on the level of performance expected. This motivates the students to want to learn and fosters positive self-reflection and intrinsic motivation.

**Summative:** Children are given summative feedback on the success of their technique, as well as the outcome of their performance. They receive positive praise for their efforts and are develop training plans on how to improve their performances. They are given diagnostic feedback on their performances, which inform their personal target setting process. Students also receive feedback on their social development and interpersonal skills.