



Programme of Study – Year 9 Physical Education

	Theme	Overview of key learning to take place	How learning will be assessed
Term 1	Unit 1: Basketball	<p>Key Topic 1: Lay up</p> <ul style="list-style-type: none">a) I can correctly use my two steps when performing the lay up.b) I can use the backboard to help complete my shot.c) I can drive past a defender to perform the lay up. <p>Key Topic 2: Faints</p> <ul style="list-style-type: none">a) I can use the jab step to faint a direction to dribble.b) I can use a faint pass to help pass a defender.c) I can use a faint shot to help pass a defender. <p>Key Topic 3: Game Play</p> <ul style="list-style-type: none">a) I can show clear shooting skills in a game.b) I can create space under the net in a game.c) I can dribble past an opponent during a game.	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term:</p> <ul style="list-style-type: none">Self-assessmentPeer assessmentGroup assessmentPresentationProduce a videoMultiple choice activity <p>Summative assessment at end of each sport. Three summative assessments for Term 2, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment. The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks. Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.</p>

	Unit 2: Football	<p>Key Topic 1: Through ball</p> <ul style="list-style-type: none"> a) I can perform a lofted pass. b) I can demonstrate control when passing a through ball. c) I can use the correct part of my foot to select the right pass style for a through ball. <p>Key Topic 2: Shooting</p> <ul style="list-style-type: none"> a) I can use the top (laces) of my foot for power. b) I can use the inside of my foot to create a curve on the ball. c) I can shoot with a curve on the ball to take the ball away from a keeper. <p>Key Topic 3: Game Play</p> <ul style="list-style-type: none"> a) I can move into space to receive a pass in a game. b) I can dribble past an opponent during a game. c) I can perform a shot with correct technique. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Produce a video Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments for Term 2, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment. The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks. Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.</p>
	Unit 3: Badminton	<p>Key Topic 1: Serving</p> <ul style="list-style-type: none"> a) I can understand which service box should be used during each point. b) I can perform a short serve. c) I can perform a long serve. <p>Key Topic 2: Strokes</p> <ul style="list-style-type: none"> d) I can demonstrate a drop shot. a) I can demonstrate a drive shot. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment</p>

		<p>b) I can understand when each shot should be used.</p> <p>Key Topic 3: Game Play</p> <p>a) I can use my serve to win points. b) I can use different shots to move my opponent around the court. c) I can finish a point by selecting the right type of shot for the situation.</p>	<p>Peer assessment Group assessment Presentation Produce a video Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments for Term 2, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment. The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks. Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.</p>
Term 2	Unit 1 & 2: Striking and Fielding	<p>Key Topic 1: Throwing & Catching</p> <p>a) I can show how to catch using one hand and the palms. b) I can aim at a target. c) I can show how to hold the ball with a straight arm, the swing the arm from the back to the front how to step forward and release the ball at waist level.</p> <p>Key Topic 2: Fielding skills</p> <p>a) I can catch and control a moving ball in the air. b) I can roll the ball along the ground at different speeds. c) I can stop, retrieve and accurately throw the ball to the target.</p> <p>Key Topic 3: Game play</p> <p>a) I can demonstrate playing a shot into space. b) I can understand when and when not to run to score points. c) I can back up a teammate in the field.</p>	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Produce a video Multiple choice activity</p> <p>Summative assessment at end of each sport.</p>

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	<p>Unit 3: Rugby</p>	<p>Key Topic 1: Rules of the game</p> <ul style="list-style-type: none"> a) I can understand that I must go back 5 metres once a tackle has been completed. b) I can understand that the referee's decision is final and that my team can be punished if the referee is questioned. c) I can understand that I must place the ball down over the try line to score. <p>Key Topic 2: Passing/Receiving</p> <ul style="list-style-type: none"> a) I can demonstrate an underlap run to receive the ball. b) I can receive the ball on the move. c) I can understand that the wings are usually where more space is. <p>Key Topic 3: Game play</p> <ul style="list-style-type: none"> a) I can understand that spreading across the pitch helps to create space. b) I can demonstrate draw a defender before passing the ball. c) I can understand how to tag players to prevent them gaining more ground. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Produce a video Multiple choice activity</p>
<p>Term 3</p>	<p>Unit 1: Dodgeball</p>	<p>Key Topic 1: Throwing</p> <ul style="list-style-type: none"> a) I can step into the throw to generate power. b) I can aim towards the body or legs of an opponent. c) I can drive my elbow forward to help with accuracy. <p>Key Topic 2: Dodging/catching</p>	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p>

		<p>a) I can keep my body low so I can move quicker. b) I can jump and dive to avoid being hit. c) I can understand when is the right time to attempt to catch the ball.</p> <p>Key Topic 3: Game play</p> <p>a) I can understand the different tactics in running or not running for the balls at the beginning of a match, b) I can understand different tactics I can use with teammates to increase our chances of hitting an opponent. c) I can understand when is the right time to be offensive or defensive during a match.</p>	<p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment</p> <p>Summative assessment Three summative assessments for Term 3, each one at after three key topics are completed.</p> <p>Multiple choice tests will be used to show understanding of the theory covered in topics.</p>
	<p>Unit 2: Volleyball</p>	<p>Key Topic 1: Defensive shots</p> <p>a) I can demonstrate the dig shot under pressure in a game. b) I can demonstrate the set shot under pressure in a game. c) I can demonstrate a block shot at the net.</p> <p>Key Topic 2: Offensive shots</p> <p>a) I can understand when to use a underhand or overhead serve. b) I can demonstrate a spike shot over a small net. c) I can demonstrate setting a teammate up for a spike in a game.</p> <p>Key Topic 3: Game play</p> <p>a) I can understand when to play a dig, set or spike during a game. b) I can understand how to play shots into space to win a point. c) I can understand that a team can only hit the ball three times before it must go over the net.</p>	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment</p> <p>Summative assessment Three summative assessments for Term 3, each one at after three key topics are completed.</p> <p>Multiple choice tests will be used to show understanding of the theory covered in topics.</p>