

PHYSICAL EDUCATION Year 9 Curriculum End Points and Key Vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Ethos Links	STEM/ Character/ Milton Keynes Learning Habits: Organisation, Planning	STEM – theory behind movement in sport Learning Habits: Communication, Learning from mistakes	Character – resilience, tolerance, leadership Learning Habits: Listening, Thinking	Milton Keynes – opportunities, clubs Character – perseverance Learning Habits: Resilience	STEM – basic numeracy skills, movement science of the body Character - confidence Learning Habits: Perseverance, Questioning	Character – teamwork, communication skills, determination Learning Habits: Analysing, Evaluating
Unit	Invasion Games	Rugby	Leadership of Sport	Football/ Gymnastics/ Dance	Athletics/ Tennis	Striking and Fielding
Learning End Points	<ul style="list-style-type: none"> ➤ By the end of this unit students will know and understand: ➤ Differences between attacking and defending. ➤ Basic rules of team games. ➤ How to score. ➤ By the end of this unit students will be able to: 	<ul style="list-style-type: none"> ➤ By the end of this unit students will know and understand: ➤ How to improve in football skills. ➤ How to improve their basketball skills. ➤ By the end of this unit students will be able to: 	<ul style="list-style-type: none"> ➤ By the end of this unit students will know and understand: ➤ Roles in sport – leader, captain, coach. ➤ Components of a good sports session. ➤ Adaptation of drills/activities. ➤ By the end of this unit students will be able to: 	<ul style="list-style-type: none"> ➤ By the end of this unit students will know and understand: ➤ Why creative PE of dance/gymnastics is important. ➤ Health benefits of alternative sports. ➤ By the end of this unit students will be able to: ➤ Main components of dance – actions, 	<ul style="list-style-type: none"> ➤ By the end of this unit students will know and understand: ➤ Advanced skills of tennis – spin/ volleys. ➤ Athletics rules and laws. ➤ History of athletics. ➤ Role models in Athletics. 	<ul style="list-style-type: none"> ➤ By the end of this unit students will know and understand: ➤ Advanced skills of rounders – batting (reverse hit/ defensive) ➤ Advanced cricket skills – bowling (spin/ fast/ top)

	<ul style="list-style-type: none"> ➤ Use a variety of equipment ➤ Variety of passes over varying distances ➤ Different types of catches 	<ul style="list-style-type: none"> ➤ Passing – spin, pop ➤ Tackling – key components ➤ Rucks ➤ Receiving the ball ➤ Scoring a try 	<ul style="list-style-type: none"> ➤ Communication Skills – verbal and non-verbal ➤ Planning a session – warm-up, drills/activities, game, cool down ➤ Demonstration of sport skills, games 	<p>dynamics, space and relationships</p> <ul style="list-style-type: none"> ➤ Counts to music/beat ➤ Main components of gymnastics – balance, jump, travel, roll ➤ Advanced skills of football – non-dominant passing/shooting, dribbling, tackling 	<ul style="list-style-type: none"> ➤ By the end of this unit students will be able to: ➤ Run at varying distances – sprints, middle and long distances ➤ Throw with correct technique – javelin, shot putt, discus ➤ Long Jump/Triple Jump ➤ Tennis- serve, forehand, backhand, volley 	<ul style="list-style-type: none"> ➤ By the end of this unit students will be able to: ➤ Bowl – straight, spin, drop, slow, fast ➤ Bat – attacking, defensive, straight drive, reverse ➤ Fielding – catching, throwing varying distances, long barrier/ short barrier
<p>Key Vocabulary</p>	<p>Rules Tactics Team Plays Attack Defend Captain</p>	<p>Lay Up Key Rebound Double Dribble Set Shot Jump Shot Travel Attack Defend Set Piece Free Kick</p>	<p>Leader Warm-Up Drill Activity Cool Down Plenary Adaptation Progression</p>	<p>Creative Physical Strength Aesthetically Pleasing Adaptation Spectator Choreographer Performer</p>	<p>Distances Times Start Position Laps Body position Flight Serve Tramlines Let Backhand Forehand Drop Shot Volley</p>	<p>Bowl Wicket Stumps Off side Leg side Slip Bat Fielding Long Barrier High Catch</p>