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	➢ 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:	➢ 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:	➢ 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:	➢ 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,	➢ 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.	➢ 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)

	➢ Use a variety of equipment ➢ Variety of passes over varying distances ➢ Different types of catches	➢ Passing – spin, pop ➢ Tackling – key components ➢ Rucks ➢ Receiving the ball ➢ Scoring a try	➢ Communication Skills – verbal and non-verbal ➢ Planning a session – warm-up, drills/activities, game, cool down ➢ Demonstration of sport skills, games	dynamics, space and relationships ➢ Counts to music/beat ➢ Main components of gymnastics – balance, jump, travel, roll ➢ Advanced skills of football – non-dominant passing/ shooting, dribbling, tackling	➢ 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	➢ 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
Key Vocabulary	Rules Tactics Team Plays Attack Defend Captain	Lay Up Key Rebound Double Dribble Set Shot Jump Shot Travel Attack Defend Set Piece Free Kick	Leader Warm-Up Drill Activity Cool Down Plenary Adaptation Progression	Creative Physical Strength Aesthetically Pleasing Adaptation Spectator Choreographer Performer	Distances Times Start Position Laps Body position Flight Serve Tramlines Let Backhand Forehand Drop Shot Volley	Bowl Wicket Stumps Off side Leg side Slip Bat Fielding Long Barrier High Catch