



The Priory school - Physical Education

Year 9 girls – Curriculum map 2019-2020



Athletics

You will build upon the core and advanced skills learned in year 7, and 8 and improve your technique in the 100m, 200m, 400m, 800m, shot-put, discus, and javelin.



Badminton

You will build upon the core and advanced skills learned in year 8 and learn advanced skills such as:



Cricket

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: backing up when fielding, and fielding tactics/ positioning.



Fitness

You will learn how to administer the press-up test, sit-up test, standing broad jump, and Cooper run. You will learn about methods of training to improve power (plyometric), muscular endurance, and endurance.

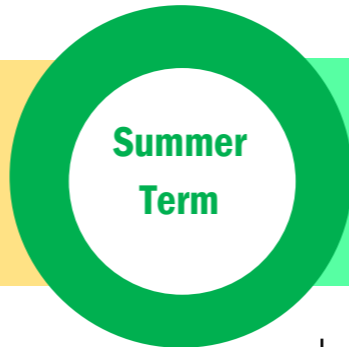
Rounders

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: directional batting and back handed batting.



Orienteering

You will complete two lessons of orienteering, where you will learn how to navigate courses, and compete.



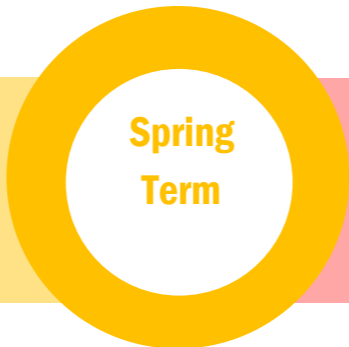
Volleyball

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as court positioning, reverse setting, dig placement, overarm jump serve, the spike, and blocking.



Dance

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as contemporary relationships.



Tchoukball

You will learn the basic rules to play the game successfully. You will learn core skills such as: catching and throwing, jump shot technique, reaction catching, and shooting at different angles.



Table tennis

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as:



Cross-country

You will learn how to pacing and build your endurance in preparation for the house run.



Rugby

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: body position and support roles in the maul, jackal and counter rucking, and offloading in the tackle.



Netball

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: Shooting whilst stepping, centre pass and back line pass tactics.

Theory

You will be introduced to the theoretical side of Physical Education. You will learn about the skeletal system, muscular system, diet and nutrition, commercialisation, and mental preparation techniques and benefits.

Extra-curricular

- Cross- country club
- Running club
- Volleyball club
- Rugby club
- Handball club
- Netball club
- Football club
- Circuit training
- Indoor cricket club
- Table tennis club
- Cricket club
- Park-run
- Athletics club
- Rounder club

Assessment

You will be assessed in the following four areas:

Range of skills

Can you do all the skills you have been taught?

Quality of skills

Can you consistently do the skills you have learned to a high standard?

Physical Attributes

Does your fitness help you be effective in a game situation?

Decision making

Do you make the correct decisions under pressure in game situations?
Can you consistently do the skills you have learned to a high standard?

Your Physical Education Journey continues here ...