



The Priory school - Physical Education

Year 9- curriculum map 2021-2022

Students will go through a rotation of sports, throughout the academic year.



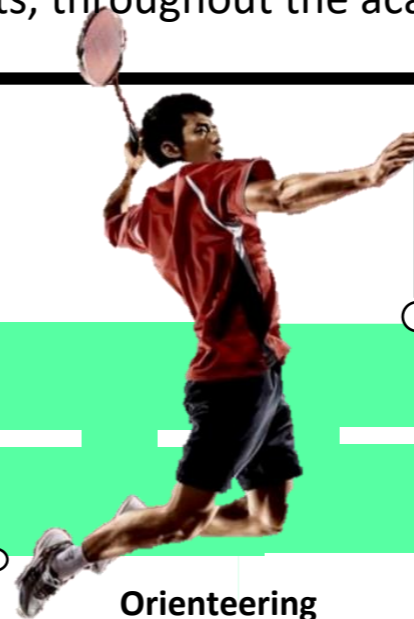
Athletics

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.



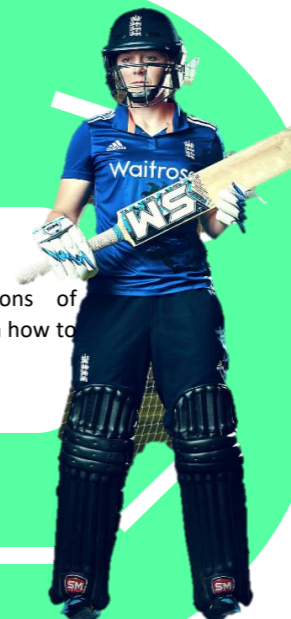
Badminton

You will build upon the core and advanced skills learned in year 8 and learn advanced skills such as: backhand over head clear, back hand drop shot, back hand lift and under arm clear, and forehand smash.



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.



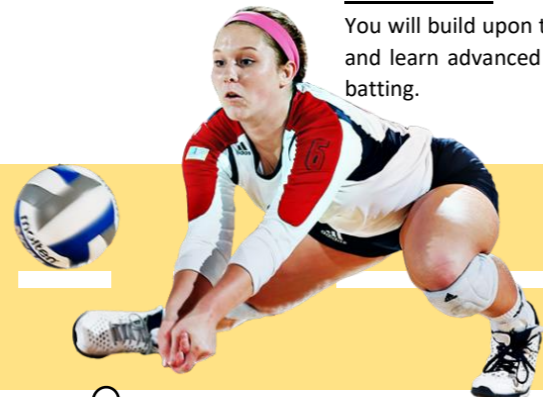
Handball

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: catching and passing one handed, and the speed of play (fast break).



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.



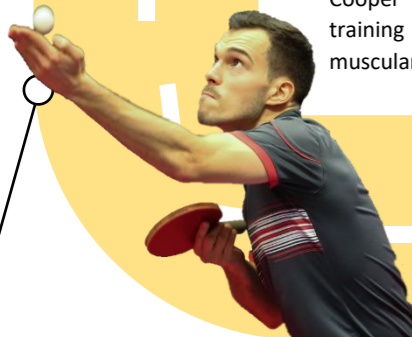
Orienteering

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



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.



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.



Football

You will build upon the core and advanced skills learned in year 7 and 8 and learn advanced skills such as: first time shooting, range of passing with your weaker foot, defensive positioning and volleying the ball.

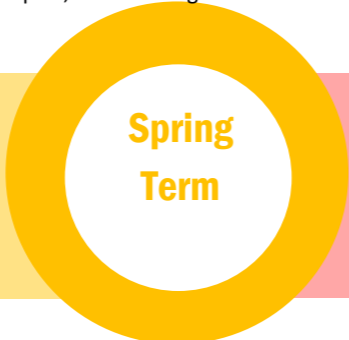


Table tennis

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: the smash with spin, and spinning the ball whilst serving



Cross-country

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



Netball

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: shooting with a split landing, and increasing tactical awareness in games.



Basketball

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.

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.

PE recommended books

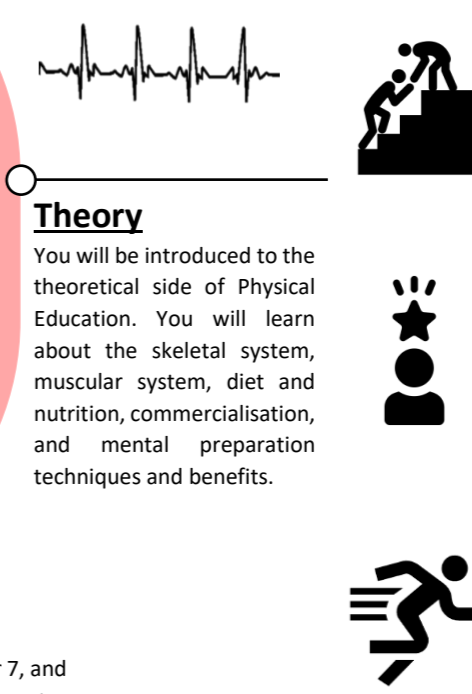


Assessment- 20 marks per sport

- Selfless- 5 marks**
1. Teamwork
 2. Leadership
 3. Sportsmanship

- Self-assured- 5 marks**
1. Confidence
 2. Resilience
 3. Determination

- Successful- 10 marks**
1. Range and quality of skills
 2. Fitness
 3. Decision making



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.

Your Physical Education Journey continues here ...