

Subject Curriculum Map: CORE PE

Year 9: 2024-2025

National curriculum – programme of study key stage 3

Curriculum Intent:

Year 9 CORE PE aims to provide a high-quality broad and balanced curriculum that inspires all pupils to participate, excel and succeed in a range of physical activities and sport. The objective is to create a love for physical education by experiencing a wide variety of different activities and developing respectful relationships. Students will be provided with the opportunity to understand and apply the long-term health benefits of physical activity. Pupils will also be able to build character through sport and help to embed SMSC values such as tolerance, teamwork and respect. Students will build on skills learnt in key stage 2 and develop more competence in their technique which they can apply across different sports; be active for sustained periods of lesson time and engage in various sports and activities. Students should understand what makes a performance effective, analysing a peers performance and applying principles to improve their own and others' work. They should develop the confidence and interest to get involved in exercise, sports, and activities out of school and in later life and understand and apply the long-term health benefits of physical activity to be successful as adults.

Beyond the curriculum, we believe that participation in sporting activity is a key element of developing a school in which pupils are proud of the community in which they belong. Therefore, emphasis is placed upon additional sporting opportunities beyond the lesson within after-school clubs, inter-school competition as well as directly trying to support the local clubs and our feeder schools within Stone. Trips are also available throughout the school year such as skiing, leadership opportunities, live sporting fixtures and more.

Curriculum Implementation:

Y9 CORE PE lessons are taught in mixed ability groups according to gender, to facilitate effective delivery of activities. It is taught over 3 lessons per fortnight. Year 9 pupils will aim to obtain basic technique, tactics and strategy and will become aware of subject specific terminology relating to health and fitness. Throughout Key Stage 3 students gain confidence in applying more advanced skills, showing accurate technique and consistency within both isolated drills and competitive situations. Students will develop an ability to evaluate and assess movements and sequences to produce refined outcomes. Leadership opportunities are facilitated to improve communication skills, teamwork, organisational skills, strategies and confidence. The wider value of the subject is evident as students lead warm-ups and some sports related drills as well as score and officiate within a range of different activities. Students experience team games such as rugby, football, netball, cricket, or rounders. They will also engage in racket sports such as badminton and outdoor activities such as orienteering. Students will also learn more of the importance of fitness and the short- and long-term impact on the body systems within a Health and Fitness unit at Year 9. We also invest a great deal of time into school sport with students representing the school across a wealth of sports and encouraging our young sports people to fulfil their potential.

Curriculum Impact:

By the end of year 9 students will be able to display more competence in a range of activities and even excelling to become an effective performer in activities. Students will show confidence in a range of activities and understand the importance of being physically active. Students can be high attainers in physical education through many ways such as understanding key terminology and being able to implement a range of SMSC values. The overall intention of the Physical Education this curriculum is to give students the confidence, skills, and knowledge to continue to take part in physical activity into KS4, sixth form and beyond. It is expected that students will have an understanding of the importance of health and fitness, exercising safely and the importance of following rules within sport and society.

Year 9	Autumn 1 Sept-Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 Feb-April	Summer 1 April – May	Summer 2 May - July
Themes, Concepts & Ideas	<p>Developing technique and performance in games</p> <p>Analyse performance</p> <p>Outwitting an opponent using a range of strategies</p> <p>Developing Physical and Mental Capacity</p> <p>Sports covered. Boys - football/rugby/handball/</p> <p>Girls – Netball /badminton/basketball/football</p>	<p>Developing technique and performance in games</p> <p>Analyse performance</p> <p>Outwitting an opponent using a range of strategies</p> <p>Developing Physical and Mental Capacity</p> <p>Sports covered. Boys - football/rugby/handball/fitness</p> <p>Girls – /badminton/basketball/football/ trampolining</p>	<p>Developing knowledge about healthy active lifestyles</p> <p>Developing Skills/Performance</p> <p>Making Informed Choices About Healthy, Active Lifestyle</p> <p>Sports covered. Boys - Badminton/ Volleyball/ Fitness/ cross country/ Basketball</p> <p>Girls – Hockey/ Badminton/Volleyball/Fitness and cross country/ Trampolineing</p> <p>OAA</p>	<p>Developing knowledge about healthy active lifestyles</p> <p>Developing Skills/Performance</p> <p>Making Informed Choices About Healthy, Active Lifestyle</p> <p>Sports covered. Boys – Hockey/ Badminton/ Volleyball/ Fitness and cross country/ Basketball</p> <p>Girls – Badminton/Volleyball /Fitness and cross country/ Trampolineing</p>	<p>Evaluating and improving performance</p> <p>Improving fitness and performance</p> <p>Evaluating and Improving</p> <p>Sports covered. Boys - athletics, cricket, softball, tennis/ pickleball</p> <p>Girls – athletics, cricket, softball, tennis/ pickleball</p>	<p>Evaluating and improving performance</p> <p>Improving fitness and performance</p> <p>Evaluating and Improving</p> <p>Sports covered. Boys - athletics, cricket, softball, tennis/ pickleball</p> <p>Girls – athletics, cricket, softball, tennis/ pickleball</p>
Knowledge and understanding	<p>Developing technique and outwitting an opponent: Students will further develop the ability to outwit opponents and teams</p>	<p>Developing technique and outwitting an opponent: Students will further develop the ability to outwit opponents and teams</p>	<p>Developing knowledge about healthy active lifestyles Identifying their strengths and</p>	<p>Developing knowledge about healthy active lifestyles Identifying their strengths and</p>	<p>Evaluating and improving performance</p> <p>Making and Applying Decisions</p>	<p>Evaluating and improving performance</p> <p>Making and Applying Decisions</p>

	<p>using strategies and tactics. Students will learn to combine and perform more advanced skills consistently applying fluency, a greater accuracy and higher quality of technique. Continual development and refinement of the learnt skills will contribute to producing an improved performance and outwit opposition more frequently.</p> <p><u>Developing Physical and Mental Capacity</u> Physical warm ups aid as a useful fitness tool in developing a Students physical capacity. Use game situations to develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. Students will be encouraged to evaluate within the games how they are outwitting the opponents and reasons for basic strategic ideas. Introduce students to components of fitness. Students will lead warm-ups and understand the names</p>	<p>using strategies and tactics. Students will learn to combine and perform more advanced skills consistently applying fluency, a greater accuracy and higher quality of technique. Continual development and refinement of the learnt skills will contribute to producing an improved performance and outwit opposition more frequently.</p> <p><u>Developing Physical and Mental Capacity</u> Physical warm ups aid as a useful fitness tool in developing a Students physical capacity. Use game situations to develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. Students will be encouraged to evaluate within the games how they are outwitting the opponents and reasons for basic strategic ideas. Introduce students to components of fitness. Students will lead warm-ups and understand the names of the major muscles and bones.</p>	<p>weaknesses related to Components of Fitness. Fitness tests are administered. Students will take part in a variety of fitness sessions and understand how different athletes/ sports require different components of fitness</p> <p><u>Developing Skills/Performance</u> Students will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Skills from each sport will be developed through small-sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p>	<p>weaknesses related to Components of Fitness. Fitness tests are administered. Students will take part in a variety of fitness sessions and understand how different athletes/ sports require different components of fitness</p> <p><u>Developing Skills/Performance</u> Students will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Skills from each sport will be developed through small-sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p>	<p>Students should be able to recognise the importance of responding to changing situations within the game in attack and defence. Students will be constantly faced with strategic and tactical decisions and choice of skill execution. Opportunities to referee/coach students or small groups will develop communication and decision-making skills. Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p><u>Evaluating and Improving</u> Be able to understand the concept of each sport covered and make effective evaluations of strengths and weaknesses of performance. Appropriate questioning on teaching points of the skills and processes</p>	<p>Students should be able to recognise the importance of responding to changing situations within the game in attack and defence. Students will be constantly faced with strategic and tactical decisions and choice of skill execution. Opportunities to referee/coach students or small groups will develop communication and decision-making skills. Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p><u>Evaluating and Improving</u> Be able to understand the concept of each sport covered and make effective evaluations of strengths and weaknesses of performance. Appropriate questioning on teaching points of the skills and processes</p>
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	of the major muscles and bones.		<p><u>Making Informed Choices About Healthy, Active Lifestyle</u></p> <p>Develop a deeper understanding of stretches for all major muscle group and those specific to sport. Discuss the benefits of being healthy and living an active lifestyle. Introduction to Components of fitness and a variety of training methods.</p>	<p><u>Making Informed Choices About Healthy, Active Lifestyle</u></p> <p>Develop a deeper understanding of stretches for all major muscle group and those specific to sport. Discuss the benefits of being healthy and living an active lifestyle. Introduction to Components of fitness and a variety of training methods.</p>	developed. Observation and peer assessment. Students will develop capacity to self-assess, assess others.	developed. Observation and peer assessment. Students will develop capacity to self-assess, assess others.
Subject specific skills	<p>Components of fitness To identify and describe all 10 COF: CVE, ME, speed, strength, power, reaction time, balance, agility, flexibility and coordination.</p> <p>Warm ups – students understand how to deliver a warm up in three parts – pulse raiser, mobility and stretches</p> <p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the</p>	<p>Components of fitness To identify and describe all 10 COF: CVE, ME, speed, strength, power, reaction time, balance, agility, flexibility and coordination.</p> <p>Warm ups – students understand how to deliver a warm up in three parts – pulse raiser, mobility and stretches</p> <p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the</p>	<p>Training methods</p> <p>Training zones To identify and describe the aerobic, anaerobic and maximal training zones</p> <p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points.</p>	<p>Training methods</p> <p>Training zones To identify and describe the aerobic, anaerobic and maximal training zones</p> <p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points.</p>	<p>Performance analysis Students use resources to self and peer assess performance offering feedback to peers.</p> <p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points.</p>	<p>Performance analysis Students use resources to self and peer assess performance offering feedback to peers.</p> <p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points.</p>

	<p>SOW for specific content and teaching points.</p> <p>Techniques required to play Tactics required to play Positioning within the game Roles within a game Types of defence and attack</p>	<p>SOW for specific content and teaching points.</p> <p>Techniques required to play Tactics required to play Positioning within the game Roles within a game Types of defence and attack</p>				
<p>Social, Moral, Spiritual, Cultural</p>	<p>Social – teamwork, communication, and sportsmanship through team games. Students learn to collaborate, respect differences, and share responsibilities. They develop interpersonal skills, empathy, and conflict resolution abilities, essential for building positive relationships on and off the field.</p> <p>Moral – students engage with ethical decision-making. They learn fairness, integrity, and</p>	<p>Social – teamwork, communication, and sportsmanship through team games. Students learn to collaborate, respect differences, and share responsibilities. They develop interpersonal skills, empathy, and conflict resolution abilities, essential for building positive relationships on and off the field.</p> <p>Moral – students engage with ethical decision-making. They learn fairness, integrity, and</p>	<p>Social - our PE curriculum fosters teamwork, communication, and sportsmanship through collaborative fitness activities and non-contact sports. Students engage in group challenges, partner workouts, and team-based games, promoting cooperation and building strong interpersonal skills.</p> <p>Moral – The moral dimension of our PE curriculum emphasizes fair</p>	<p>Social - our PE curriculum fosters teamwork, communication, and sportsmanship through collaborative fitness activities and non-contact sports. Students engage in group challenges, partner workouts, and team-based games, promoting cooperation and building strong interpersonal skills.</p> <p>Moral – The moral dimension of our PE curriculum emphasizes fair</p>	<p>Social - Students will engage in team-based activities within athletics and striking/fielding, promoting cooperation, communication, and fair play. They will learn to work collaboratively, respecting each other's strengths and differences. Through peer feedback and self-assessment, students will evaluate their contributions to the team, enhancing their social awareness and interpersonal skills.</p> <p>Moral - In athletics and striking/fielding, students will explore ethical dilemmas</p>	<p>Social - Students will engage in team-based activities within athletics and striking/fielding, promoting cooperation, communication, and fair play. They will learn to work collaboratively, respecting each other's strengths and differences. Through peer feedback and self-assessment, students will evaluate their contributions to the team, enhancing their social awareness and interpersonal skills.</p> <p>Moral - In athletics and striking/fielding, students will explore ethical dilemmas</p>

	<p>responsibility as they adhere to rules and demonstrate honesty in victories and defeats. Through reflective discussions, they understand the moral implications of their actions, shaping them into principled individuals.</p>	<p>responsibility as they adhere to rules and demonstrate honesty in victories and defeats. Through reflective discussions, they understand the moral implications of their actions, shaping them into principled individuals.</p>	<p>play, respect, and ethical decision-making in fitness and non-contact sports. Through discussions and scenarios, students develop a strong sense of integrity, learn to handle success and failure graciously, and understand the importance of honesty and empathy both on and off the field.</p>	<p>play, respect, and ethical decision-making in fitness and non-contact sports. Through discussions and scenarios, students develop a strong sense of integrity, learn to handle success and failure graciously, and understand the importance of honesty and empathy both on and off the field.</p>	<p>and sportsmanship. They'll understand the importance of honesty, integrity, and empathy, both in victory and defeat. Through reflective exercises, they'll assess their behavior on and off the field, reinforcing moral values and cultivating a sense of integrity.</p>	<p>and sportsmanship. They'll understand the importance of honesty, integrity, and empathy, both in victory and defeat. Through reflective exercises, they'll assess their behavior on and off the field, reinforcing moral values and cultivating a sense of integrity.</p>
	<p>Spiritual students discover connections between physical activity and inner well-being. They experience moments of mindfulness, self-discovery, and personal growth. By appreciating the body-mind harmony, they develop a sense of purpose and resilience, contributing to their spiritual development.</p>	<p>Spiritual students discover connections between physical activity and inner well-being. They experience moments of mindfulness, self-discovery, and personal growth. By appreciating the body-mind harmony, they develop a sense of purpose and resilience, contributing to their spiritual development.</p>	<p>Spiritual – In the spiritual aspect of our PE curriculum, students find opportunities to connect with their inner selves and nature through activities like yoga, meditation, and outdoor fitness sessions. This pillar encourages self-reflection, stress reduction, and a holistic approach to well-being, enhancing their overall physical and mental balance.</p>	<p>Spiritual – In the spiritual aspect of our PE curriculum, students find opportunities to connect with their inner selves and nature through activities like yoga, meditation, and outdoor fitness sessions. This pillar encourages self-reflection, stress reduction, and a holistic approach to well-being, enhancing their overall physical and mental balance.</p>	<p>Spiritual - Students will find personal meaning and connection through the physical activities of athletics and striking/fielding. They'll experience moments of flow, mindfulness, and self-expression, fostering a sense of spiritual well-being. By evaluating their experiences in these activities, students will deepen their understanding of how movement can contribute to their inner growth.</p>	<p>Spiritual - Students will find personal meaning and connection through the physical activities of athletics and striking/fielding. They'll experience moments of flow, mindfulness, and self-expression, fostering a sense of spiritual well-being. By evaluating their experiences in these activities, students will deepen their understanding of how movement can contribute to their inner growth.</p>

	<p>Cultural They engage with traditions, strategies, and perspectives from various backgrounds. By celebrating differences and promoting inclusion, students develop cultural awareness, global understanding, and a sense of unity that transcends boundaries.</p>	<p>Cultural They engage with traditions, strategies, and perspectives from various backgrounds. By celebrating differences and promoting inclusion, students develop cultural awareness, global understanding, and a sense of unity that transcends boundaries.</p>	<p>Cultural – The cultural dimension of our PE curriculum celebrates diversity and inclusivity by incorporating sports and fitness activities from various cultures. Students learn about the history and significance of different sports, promoting cross-cultural understanding and appreciation. This pillar enriches students' experiences, fostering a global perspective and a sense of unity.</p>	<p>Cultural – The cultural dimension of our PE curriculum celebrates diversity and inclusivity by incorporating sports and fitness activities from various cultures. Students learn about the history and significance of different sports, promoting cross-cultural understanding and appreciation. This pillar enriches students' experiences, fostering a global perspective and a sense of unity.</p>	<p>Cultural - In athletics and striking/fielding, students will explore diverse movement traditions, acknowledging the cultural significance of sports. They'll learn about different athletic customs and their roots. By assessing their engagement with various cultural aspects, students will develop cultural awareness and respect, enriching their global perspective.</p> <p>Through continuous self-assessment and peer feedback, students will actively participate in their own growth across the social, moral, spiritual, and cultural pillars, fostering holistic development in athletics and striking/fielding.</p>	<p>Cultural - In athletics and striking/fielding, students will explore diverse movement traditions, acknowledging the cultural significance of sports. They'll learn about different athletic customs and their roots. By assessing their engagement with various cultural aspects, students will develop cultural awareness and respect, enriching their global perspective.</p> <p>Through continuous self-assessment and peer feedback, students will actively participate in their own growth across the social, moral, spiritual, and cultural pillars, fostering holistic development in athletics and striking/fielding.</p>
Skills For life	<p>Teamwork Problem solving Creativity Leadership Communication</p>	<p>Teamwork Problem solving Creativity Leadership Communication</p>	<p>Teamwork Creativity Resilience Communication</p>	<p>Teamwork Creativity Resilience Communication</p>	<p>Independence Empathy Leadership Communication</p>	<p>Independence Empathy Leadership Communication</p>

<p>FBV</p>	<p>students master techniques while embedding values like respect, teamwork, and fairness. Emphasis on proper passing, tackling, and shooting techniques aligns with the values of democracy and rule of law. Tactics like strategic positioning and communication foster individual liberty, encouraging students to make responsible choices. As they advance, they learn to balance competition with mutual respect, reflecting values integral to British society.</p>	<p>students master techniques while embedding values like respect, teamwork, and fairness. Emphasis on proper passing, tackling, and shooting techniques aligns with the values of democracy and rule of law. Tactics like strategic positioning and communication foster individual liberty, encouraging students to make responsible choices. As they advance, they learn to balance competition with mutual respect, reflecting values integral to British society.</p>	<p>This curriculum section integrates fundamental British values within fitness and non-contact sports, fostering holistic health and well-being. Students engage in activities promoting teamwork, respect, and tolerance, aligning with values of democracy and individual liberty. Through diverse sports, they develop physical competence, resilience, and self-discipline, reflecting the value of rule of law. By emphasizing inclusivity and fair play, the curriculum encourages students to embody mutual understanding, contributing positively to the school community and society at large.</p>	<p>This curriculum section integrates fundamental British values within fitness and non-contact sports, fostering holistic health and well-being. Students engage in activities promoting teamwork, respect, and tolerance, aligning with values of democracy and individual liberty. Through diverse sports, they develop physical competence, resilience, and self-discipline, reflecting the value of rule of law. By emphasizing inclusivity and fair play, the curriculum encourages students to embody mutual understanding, contributing positively to the school community and society at large.</p>	<p>Students will engage in activities that promote teamwork, respect, and diversity, aligning with values of democracy, rule of law, individual liberty, and mutual respect. Through athletics and striking/fielding, students develop motor skills, strategy, and fair play. Regular self-assessment and peer evaluations encourage critical thinking and personal growth, fostering a culture of reflection and improvement. This holistic approach cultivates both physical prowess and essential values, empowering students to excel athletically and contribute positively to society</p>	<p>Students will engage in activities that promote teamwork, respect, and diversity, aligning with values of democracy, rule of law, individual liberty, and mutual respect. Through athletics and striking/fielding, students develop motor skills, strategy, and fair play. Regular self-assessment and peer evaluations encourage critical thinking and personal growth, fostering a culture of reflection and improvement. This holistic approach cultivates both physical prowess and essential values, empowering students to excel athletically and contribute positively to society</p>

<p>Stretch & challenge</p>	<p>Through advanced tactical analyses, intricate gameplay strategies, and intense physical conditioning, students will be pushed to enhance their teamwork, decision-making, and leadership skills. Incorporating competitive scenarios and innovative drills, this section aims to elevate students' performance to higher levels, fostering a deep understanding of team dynamics and promoting adaptability in dynamic sporting environments.</p>	<p>Through advanced tactical analyses, intricate gameplay strategies, and intense physical conditioning, students will be pushed to enhance their teamwork, decision-making, and leadership skills. Incorporating competitive scenarios and innovative drills, this section aims to elevate students' performance to higher levels, fostering a deep understanding of team dynamics and promoting adaptability in dynamic sporting environments.</p>	<p>In this module, students will engage in a comprehensive fitness program that covers cardiovascular endurance, muscular strength, flexibility, and body composition. The curriculum will incorporate progressive exercises tailored to individual abilities, promoting both personal growth and group dynamics. To provide stretch and challenge, advanced workout techniques and personalized goal-setting will be integrated, allowing students to push their limits and achieve higher levels of physical prowess. Through this module, students will cultivate a deep understanding of fitness principles while fostering a commitment to</p>	<p>In this module, students will engage in a comprehensive fitness program that covers cardiovascular endurance, muscular strength, flexibility, and body composition. The curriculum will incorporate progressive exercises tailored to individual abilities, promoting both personal growth and group dynamics. To provide stretch and challenge, advanced workout techniques and personalized goal-setting will be integrated, allowing students to push their limits and achieve higher levels of physical prowess. Through this module, students will cultivate a deep understanding of fitness principles while fostering a commitment to lifelong health and well-being.</p>	<p>Students will develop fundamental skills in running, jumping, and throwing through structured drills and activities. They will progress to refining techniques for various track and field events, fostering healthy competition and teamwork. Stretch: Introduce advanced training methods such as interval workouts and biomechanical analysis.</p> <p>Students will grasp the rules, teamwork, and tactics of rounders, emphasizing batting, fielding, and base-running skills. As they advance, they'll strategize gameplay and adapt strategies in response to opponents. Stretch: Incorporate more intricate tactical scenarios, and explore variations of the game. Challenge: Have students devise innovative rule modifications,</p>	<p>Students will develop fundamental skills in running, jumping, and throwing through structured drills and activities. They will progress to refining techniques for various track and field events, fostering healthy competition and teamwork. Stretch: Introduce advanced training methods such as interval workouts and biomechanical analysis.</p> <p>Students will grasp the rules, teamwork, and tactics of rounders, emphasizing batting, fielding, and base-running skills. As they advance, they'll strategize gameplay and adapt strategies in response to opponents. Stretch: Incorporate more intricate tactical scenarios, and explore variations of the game. Challenge: Have students devise innovative rule modifications,</p>
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			lifelong health and well-being.		promoting strategic thinking and adaptability.	promoting strategic thinking and adaptability.
Key assessment focus, suggested assessments	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.
Special events	Football county cup Rugby county cup	District cross-country championships Interhouse sports competitions	District badminton championships Interhouse sports competitions Football district cup	Interhouse sports competitions Rugby 7s	Interhouse sports competitions Cricket competitions	Sports day
Visits/extra-curricular	After school clubs in football, netball, badminton, basketball. Netball House competition	After school clubs in football, netball, badminton, basketball trampolining. Badminton house competition	After school clubs in football, netball, badminton, basketball, trampolining. Table tennis house competition OAA house competition	After school clubs in football, netball, badminton, basketball. Football house competition	After school clubs in football, netball, badminton, basketball. Rounders house competition	After school clubs in football, netball, badminton, basketball. Sports day house competition