

PE



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S O A R

SERVICE OPPORTUNITY ASPIRATION REWARD

Striking & Fielding: Concept

Skills

Co-operation; principles of play

Striking & Fielding: Technical

Skills

Batting, throwing, catching, fielding and bowling

Net/wall: Concept Skills

Positioning, tournaments and scoring

Net/wall: Technical

Skills

Perfecting serving and return techniques

Development of: Net/wall Games

A range of games to develop the disciplines of table tennis, volleyball, badminton

Gym: Concept Skills

How types of training impact the human body and how can they be utilized to meet individual goals

Development of: Tag based Invasion Games

A range of games to develop tag based tackling invasion games

Invasion Games: Technical Skills

Passing, shooting, dribbling, positioning

Movement: Concept Skills

How does setting goals for self-improvement impact participation and motivation?

Development of: Movement

A range of indoor athletics to revisit core movement skills

Development of Striking and Fielding

A range of games to develop the disciplines of softball, cricket and rounders

Athletics: Concept Skills

Measuring, timing, competitions and self-improvement

Introduction to: Athletics

A range of outdoor athletics

Athletics: Technical Skills

Perfecting running, jumping and throwing techniques

Development of: Gym

Developing types of training to link with components of fitness

Tag: Concept Skills

Introducing team tactics to invade space and defend space

Tag: Technical Skills

Perfecting passing and catching techniques; ball familiarisation

Invasion Games: Concept Skills

Principles of attacking and defending

Development of: Invasion Games

A range of games to develop the disciplines of basketball, netball and football

Movement: Technical Skills

Perfecting running, jumping and throwing techniques

Curriculum Intent

We **serve** our students with an adaptive curriculum that meets the needs of all. Our different subjects have carefully identified plans outlining, what they teach and why. This is shared with all students, staff and parents to empower our community in their learning journey and includes careful consideration of sequencing of knowledge and skills. Cardinal Pole is committed to providing **opportunities** for staff and students to become life-long lovers of learning through personalised feedback, opportunities for reflection and progression. We are a community of **aspirant** learners where teachers are experts and students are critical scholars. This is achieved through absolute clarity of expectations and constant re-evaluation of needs through a shared language. We **reward** our community of learners by celebrating the successes, progress and achievements of all.

How do all Physical Education lessons start? (Ready to Learn)

All lessons at Cardinal Pole start with a 'Ready to Learn' activity. The purpose of this is to support retrieval and prepares students for the lesson with recalling relevant knowledge. This activity is printed for students and handed out at the door. Students are expected to sit at their desk immediately and complete the task before sticking it in their books while the teacher welcomes the class and takes the register.

Ready to Learn activities in Physical Education look like this:

DO NOW:

1. Pulse-Raiser – Engaging warm-up game –

Example: Passing tag – 5 players are "it" and have bibs on, students pass the ball around and attempt to tag the remaining students with the ball. If tagged, the student grabs a bib and joins the tagging team. End the game when one student remains without a bib.

2. Dynamic Stretches that focus on the muscles that will be the primary movers in the skill taught

Example – Shoulder circles for overhead throwing (cricket/rounders)

How is your progress measured in PE in Autumn Term?

Autumn 1: Indoor Athletics

- Sprinting
- Sustained Running and Pacing
- Jumping
- **Throwing**
- **Competition (Tournament)**

Autumn 2: Invasion Games – Basketball, Football, Netball

- **Passing**
- **Shooting**
- **Defending**
- **Offensive Tactics – creating space, creating advantages**
- **Defensive Tactics – marking, condensing space**

Emerging	Achieving	Excelling
<p>I can use my body to participate in sprinting, sustained running, jumping and throwing</p> <p>I can state proper technique for sprinting, sustained running, jumping and throwing.</p> <p>I can identify how components of fitness are related to a healthy lifestyle.</p>	<p>I can use and am beginning to adapt my body while participating and competing in sprinting, sustained running, jumping and throwing</p> <p>I can state and demonstrate proper technique for sprinting, sustained running, jumping and throwing.</p> <p>I can identify how components of fitness are related to a healthy lifestyle and link them to my personal fitness</p>	<p>I can use and adapt my body while participating and competing in sprinting, sustained running, jumping and throwing</p> <p>I can state, demonstrate and self-correct proper technique for sprinting, sustained running, jumping and throwing.</p> <p>I can identify how components of fitness are related to a healthy lifestyle and link them to my personal fitness. I can set targets for improvements.</p>

Topic: Introduction to Movement (Indoor Athletics)

Autumn Term 1 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and perform correct technique for a basic sprint race. Introduction of speed and its impact on athletic performance.	Complete the Two Lap Indoor Athletics Race
2	Understand and perform the skills of sustained running and pacing. Introduction of Cardiovascular Fitness and its impact on a healthy body.	Complete the Six Lap Indoor Athletics Race
3	Understand and replicate the technique for basics jumps from a standing position. Introduction of muscular power and its impact on athletic performance.	Complete the Vertical Jump and the Standing Long Jump
4	Develop, explore and perform more advanced coordinated jumping techniques. Introduction of Coordination and Agility and their impacts on athletic performance.	Complete the speed bounce and the standing triple jump
5	Use and perform the correct technique for an overhead throw. Introduction of muscular Strength and its impact on long-term health	Throwing nerf ball and Grip Strength test
6	Use and perform the correct technique for a javelin throw. Introduction of flexibility	Javelin Throw and sit and reach test
7	Themes of Teamwork (Service), Courage to compete (Oppourtunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Indoor Athletics Tournament

Topic: Invasion Games

Autumn Term 2 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and perform correct technique for passing	Technical Passing drills with partner, progressed to facing pressure
2	Use and perform the correct techniques for shooting/scoring	Technical shooting drills that progress in challenge and build in game-like conditions
3	Develop the ability to control a ball while on the move.	Dribbling through coloured cone gates, utilizing change of pace and direction
4	Understand defensive positioning and technique	1v1 defending drills focused on tracking and marking an opponent
5	Understand the offensive tactics of maintaining possession, creating space and advantages	Conditioned games focused on offensive tactics and positioning
6	Understand the defensive tactics of marking and condensing space	Conditioned games focused on defensive positioning and tactics
7	Themes of Teamwork (Service), Courage to compete (Oppourtunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Tournament

How is your progress measured in PE in Spring Term?

Spring:

Net/Wall games	<ul style="list-style-type: none"> Outdoor Athletics
<ul style="list-style-type: none"> Serving Defensive shots Offensive shots Defensive positioning – ready position Offensive tactics Defensive tactics 	<ul style="list-style-type: none"> Sprinting – start, technique, finish Distance running – pacing, stride technique, tactics Shotput High Jump Long Jump/Triple Jump Discus/Javelin

Emerging	Achieving	Excelling
<p>I can state the correct serving technique in Net/Wall Games</p> <p>I can state the correct technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify the tactical decisions to be made during net/wall games on both offence and defence</p>	<p>I can state and demonstrate the correct serving technique in Net/Wall Games</p> <p>I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify and execute tactical decisions to be made during net/wall games on both offence and defence</p>	<p>I can state, demonstrate and self-correct the proper serving technique in Net/Wall Games</p> <p>I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify and execute tactical decisions to be made during net/wall games on both offence and defence with skill and precision.</p>

Topic: Net Wall Games/Athletics

Spring Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and develop correct serving technique	Complete Serving mini-games
2	Use and develop various Return/defensive shots	Use of various defensive shots with a partner
3	Use and develop effective Spiking/Smashing shots	Drills to develop spiking/smashing techniques and tactics
4	Develop technique and tactics for effective Net Play	Drills to develop net play techniques and tactics
5	Develop knowledge and application of offensive Tactics and positioning	Small sided conditioned games with offensive tactical focus
6	Develop knowledge and application of defensive tactics, stance and positioning	Small sided conditioned games with a defensive tactical focus
7	Sprint starts and Sprinting technique	Develop sprint start, drive phase, running technique and dip-finish to maximise performance of sprint race
8	Long/Triple Jump- develop and replicate the technique for Long Jump.	Develop run-up, take-off and landing techniques to maximise use of power to attain distance
9	High Jump- develop and replicate the technique for High Jump.	Develop run-up, take-off and bar-clearing techniques to maximise use of power to attain height.
10	Shot Putt- develop and replicate the technique for Shot Putt.	Develop bodyweight transfer, arm technique and release to maximise distance pushed
11	Hammer/Discus/Javelin- develop and replicate the technique for throwing events	Develop bodyweight transfer, arm technique and release to maximise distance thrown
12	Middle Distance- develop and replicate pacing techniques to run a middle-distance race	Develop pacing, running technique and race strategy to maximise race performance.

How is your progress measured in PE in Summer Term?

Summer:

Striking/Fielding	Fitness
<ul style="list-style-type: none"> • Throwing • Batting • Fielding • Bowling/Pitching • Offensive Tactics • Defensive Tactics 	<ul style="list-style-type: none"> • Circuit Training • Muscular Endurance • Cardiovascular Endurance • Strength • Free Weights Training • Session Planning

Emerging	Achieving	Excelling
<p>I can state the correct throwing and batting techniques for striking/fielding games</p> <p>I can state the correct tactics for offense and defence in striking and fielding games</p> <p>I can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set goals on how to improve my fitness</p>	<p>I can state and demonstrate the correct throwing and batting technique in Striking and Fielding Games</p> <p>I can state and apply tactics for offense and defence in striking and fielding games</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set and justify goals on how to improve my fitness</p>	<p>I can state, demonstrate and self-correct the proper throwing and batting techniques in Striking and Fielding Games</p> <p>I can state, apply and adapt tactics for offense and defence in striking and fielding games</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence.</p> <p>I can participate and challenge myself in different physical activities that develop my fitness</p> <p>I can set , justify and implement goals on how to improve my fitness</p>

Topic: Striking-Fielding Games/Fitness

Spring Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and develop the correct technique for an overhead throw	Throwing and catching relays
2	Develop technique and tactics for batting	Batting drills, progressing from a still ball to a ball in flight
3	Develop technique and tactics for fielding	Fielding drills for catching and throwing to bases/stumps
4	Offensive Tactics	Conditioned Games with a focus on batting/baserunning tactics
5	Defensive Tactics	Conditioned Games with a focus on defensive positioning and tactics
6	Themes of Teamwork (Service), Courage to compete (Opportunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Tournament
7	Circuit Training- Understanding on rotating exercises to target different areas.	Perform a range of exercises working different muscles groups
8	Muscular Endurance- Understanding the intensity, sets and reps required to train	Performing resistance exercises using high reps, low weight.
9	Cardiovascular Endurance - Understanding the intensity and duration required	Perform a variety of endurance-based activities utilizing the treadmills, bikes and rowing machines
10	Strength Training- Understanding the intensity, sets and reps required to train	Performing resistance exercises using low reps, high weight.
11	Free Weights Technique- performing these exercises safely	Performing resistance exercises using correct techniques
12	Session Planning- understand how to create an exercise session.	Create an exercise session

Striking & Fielding: Concept Skills

Co-operation; principles of play

Striking & Fielding: Technical Skills

Batting, throwing, catching, fielding and bowling

Net/wall: Concept Skills

Positioning, tournaments and scoring

Net/wall: Technical Skills

Perfecting serving and return techniques

Development of: Net/wall Games

A range of games to develop the disciplines of table tennis, volleyball, badminton

Gym: Concept Skills

How types of training impact the human body and how can they be utilized to meet individual goals

Development of: Tag based Invasion Games

A range of games to develop tag based tackling invasion games

Invasion Games: Technical Skills

Passing, shooting, dribbling, positioning

Movement: Concept Skills

How does setting goals for self-improvement impact participation and motivation?

Development of: Movement

A range of indoor athletics to revisit core movement skills

Development of Striking and Fielding

A range of games to develop the disciplines of softball, cricket and rounders

Introduction to: Athletics

A range of outdoor athletics

Athletics: Concept Skills

Measuring, timing, competitions and self-improvement

Athletics: Technical Skills

Perfecting running, jumping and throwing techniques

Development of: Gym

Developing types of training to link with components of fitness

Tag: Concept Skills

Introducing team tactics to invade space and defend space

Tag: Technical Skills

Perfecting passing and catching techniques; ball familiarisation

Invasion Games: Concept Skills

Principles of attacking and defending

Development of: Invasion Games

A range of games to develop the disciplines of basketball, netball and football

Movement: Technical Skills

Perfecting running, jumping and throwing techniques

How is your progress measured in PE in Autumn Term Y8?

Autumn Y8:

- **Passing**
- **Shooting**
- **Defending**
- **Offensive Tactics – creating space, creating advantages**
- **Defensive Tactics – marking, condensing space**

Emerging	Achieving	Excelling
I can state correct passing, shooting and defending techniques in Invasion Games	I can state and demonstrate correct passing, shooting and defending techniques in Invasion Games	I can state, demonstrate and self-correct passing, shooting and defending techniques in Invasion Games
I can state the correct positions and rules for Invasion Games	I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games	I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games
I can identify the tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence with skill and precision.
I can participate in a team during an invasion game	I can motivate and contribute to a team in invasion games	I can lead, motivate and contribute to a team in invasion games

Topic: Invasion Games

Golden Nugget and Work Hard

Y8 Autumn Term 1 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and perform correct technique for passing	Technical Passing drills with partner, progressed to facing pressure
2	Use and perform the correct techniques for shooting/scoring	Technical shooting drills that progress in challenge and build in game-like conditions
3	Develop the ability to control a ball while on the move.	Dribbling through coloured cone gates, utilizing change of pace and direction
4	Understand defensive positioning and technique	1v1 defending drills focused on tracking and marking an opponent
5	Understand the offensive tactics of maintaining possession, creating space and advantages	Conditioned games focused on offensive tactics and positioning
6	Understand the defensive tactics of marking and condensing space	Conditioned games focused on defensive positioning and tactics
7	Themes of Teamwork (Service), Courage to compete (Oppourtunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Tournament

How is your progress measured in PE in Spring Term?

Spring:

Net-Wall Games	Fitness
<ul style="list-style-type: none"> • Serving • Defensive shots • Offensive shots • Defensive positioning – ready position • Offensive tactics • Defensive tactics 	<ul style="list-style-type: none"> - Sprinting – start, technique, finish - Distance running – pacing, stride technique, tactics - Shotput - High Jump - Long Jump/Triple Jump - Discus/Javelin

Emerging	Achieving	Excelling
<p>I can state the correct serving technique in Net/Wall Games</p> <p>I can state the correct technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify the tactical decisions to be made during net/wall games on both offence and defence</p>	<p>I can state and demonstrate the correct serving technique in Net/Wall Games</p> <p>I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify and execute tactical decisions to be made during net/wall games on both offence and defence</p>	<p>I can state, demonstrate and self-correct the proper serving technique in Net/Wall Games</p> <p>I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify and execute tactical decisions to be made during net/wall games on both offence and defence with skill and precision.</p>

Topic: Net Wall Games/Athletics

Golden Nugget and Work Hard

Y8 Spring Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and develop correct serving technique	Complete Serving mini-games
2	Use and develop various Return/defensive shots	Use of various defensive shots with a partner
3	Use and develop effective Spiking/Smashing shots	Drills to develop spiking/smashing techniques and tactics
4	Develop technique and tactics for effective Net Play	Drills to develop net play techniques and tactics
5	Develop knowledge and application of offensive Tactics and positioning	Small sided conditioned games with offensive tactical focus
6	Develop knowledge and application of defensive tactics, stance and positioning	Small sided conditioned games with a defensive tactical focus
7	Sprint starts and Sprinting technique	Develop sprint start, drive phase, running technique and dip-finish to maximise performance of sprint race
8	Long/Triple Jump- develop and replicate the technique for Long Jump.	Develop run-up, take-off and landing techniques to maximise use of power to attain distance
9	High Jump- develop and replicate the technique for High Jump.	Develop run-up, take-off and bar-clearing techniques to maximise use of power to attain height.
10	Shot Putt- develop and replicate the technique for Shot Putt.	Develop bodyweight transfer, arm technique and release to maximise distance pushed
11	Hammer/Discus/Javelin- develop and replicate the technique for throwing events	Develop bodyweight transfer, arm technique and release to maximise distance thrown
12	Middle Distance- develop and replicate pacing techniques to run a middle-distance race	Develop pacing, running technique and race strategy to maximise race performance.

How is your progress measured in PE in Summer Term?

Summer –

Striking/Fielding	Fitness
<ul style="list-style-type: none"> • Throwing • Batting • Fielding • Bowling/Pitching • Offensive Tactics • Defensive Tactics 	<ul style="list-style-type: none"> • Circuit Training • Muscular Endurance • Cardiovascular Endurance • Strength • Free Weights Training • Session Planning

Emerging	Achieving	Excelling
<p>I can state the correct throwing and batting techniques for striking/fielding games</p> <p>I can state the correct tactics for offense and defence in striking and fielding games</p> <p>I can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set goals on how to improve my fitness</p>	<p>I can state and demonstrate the correct throwing and batting technique in Striking and Fielding Games</p> <p>I can state and apply tactics for offense and defence in striking and fielding games</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set and justify goals on how to improve my fitness</p>	<p>I can state, demonstrate and self-correct the proper throwing and batting techniques in Striking and Fielding Games</p> <p>I can state, apply and adapt tactics for offense and defence in striking and fielding games</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence.</p> <p>I can participate and challenge myself in different physical activities that develop my fitness</p> <p>I can set, justify and implement goals on how to improve my fitness</p>

Topic: Striking/Fielding/Fitness

Golden Nugget and Work Hard

Y8 Summer Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and develop the correct technique for an overhead throw	Throwing and catching relays
2	Develop technique and tactics for batting	Batting drills, progressing from a still ball to a ball in flight
3	Develop technique and tactics for fielding	Fielding drills for catching and throwing to bases/stumps
4	Offensive Tactics	Conditioned Games with a focus on batting/baserunning tactics
5	Defensive Tactics	Conditioned Games with a focus on defensive positioning and tactics
6	Themes of Teamwork (Service), Courage to compete (Opportunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Tournament
7	Circuit Training- Understanding on rotating exercises to target different areas.	Perform a range of exercises working different muscles groups
8	Muscular Endurance- Understanding the intensity, sets and reps required to train	Performing resistance exercises using high reps, low weight.
9	Cardiovascular Endurance - Understanding the intensity and duration required	Perform a variety of endurance-based activities utilizing the treadmills, bikes and rowing machines
10	Strength Training- Understanding the intensity, sets and reps required to train	Performing resistance exercises using low reps, high weight.
11	Free Weights Technique- performing these exercises safely	Performing resistance exercises using correct techniques
12	Session Planning- understand how to create an exercise session.	Create an exercise session

Striking & Fielding: Concept Skills

Co-operation; principles of play

Striking & Fielding: Technical Skills

Batting, throwing, catching, fielding and bowling

Net/wall: Concept Skills

Positioning, tournaments and scoring

Net/wall: Technical Skills

Perfecting serving and return techniques

Development of: Net/wall Games

A range of games to develop the disciplines of table tennis, volleyball, badminton

Gym: Concept Skills

How types of training impact the human body and how can they be utilized to meet individual goals

Development of: Tag based Invasion Games

A range of games to develop tag based tackling invasion games

Invasion Games: Technical Skills

Passing, shooting, dribbling, positioning

Movement: Concept Skills

How does setting goals for self-improvement impact participation and motivation?

Development of: Movement

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Development of Striking and Fielding

A range of games to develop the disciplines of softball, cricket and rounders

Introduction to: Athletics

A range of outdoor athletics

Athletics: Concept Skills

Measuring, timing, competitions and self-improvement

Athletics: Technical Skills

Perfecting running, jumping and throwing techniques

Development of: Gym

Developing types of training to link with components of fitness

Tag: Concept Skills

Introducing team tactics to invade space and defend space

Tag: Technical Skills

Perfecting passing and catching techniques; ball familiarisation

Invasion Games: Concept Skills

Principles of attacking and defending

Development of: Invasion Games

A range of games to develop the disciplines of basketball, netball and football

Movement: Technical Skills

Perfecting running, jumping and throwing techniques

How is your progress measured in PE in Y9 Autumn Term?

Autumn:

Invasion Games

- **Passing – advanced techniques – ex. Through pass (football)**
- **Shooting – advanced techniques – ex. Layup (basketball)**
- **Defending**
- **Offensive Tactics – creating space, creating advantages**
- **Defensive Tactics – marking, condensing space**

Emerging	Achieving	Excelling
I can state and demonstrate correct passing , shooting and defending techniques in Invasion Games	I can state, demonstrate and begin to self-correct correct passing, shooting and defending techniques in Invasion Games	I can state, demonstrate and self-correct advanced passing, shooting and defending techniques in Invasion Games
I can state and the correct positions and rules for Invasion Games	I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games	I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games. I can select when best to utilize these techniques during match play.
I can identify and begin to execute the tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence with skill and precision.
I can participate in a team during an invasion game for a sustained period and provide contributions to the team's performance.	I can motivate and contribute to a team in invasion games	I can lead, motivate and contribute to a team in invasion games

Topic: Invasion Games

Golden Nugget and Work Hard

Y9 Autumn Term 1 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and perform correct advanced techniques for passing	Technical Passing drills with partner, progressed to facing pressure
2	Use and perform the correct advanced techniques for shooting/scoring	Technical shooting drills that progress in challenge and build in game-like conditions
3	Develop the ability to defeat a defender using dribbling techniques	1v1 attacking drills, focused on using creativity and technique to get past an opponent.
4	Implementing and executing defensive positioning and technique	1v1 defending drills focused on tracking and marking an opponent
5	Implementing the offensive tactics of maintaining possession, creating space and advantages	Conditioned games focused on offensive tactics and positioning
6	Implementing the defensive tactics of marking and condensing space	Conditioned games focused on defensive positioning and tactics
7	Themes of Teamwork (Service), Courage to compete (Oppourtunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Tournament

How is your progress measured in PE in Y9 Spring Term?

Spring:

Net-Wall Games	Fitness
<ul style="list-style-type: none"> • Serving • Defensive shots • Offensive shots • Defensive positioning – ready position • Offensive tactics • Defensive tactics 	<ul style="list-style-type: none"> - Circuit Training - Cardiovascular Fitness - Strength Training - Muscular Endurance Training - Plyometric Training - Taking part in a fitness Class – Ex. Boxercise

Emerging	Achieving	Excelling
<p>I can state the correct serving technique in Net/Wall Games</p> <p>I can state the correct technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify the tactical decisions to be made during net/wall games on both offence and defence</p> <p>can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set goals on how to improve my fitness</p>	<p>I can state and demonstrate the correct serving technique in Net/Wall Games</p> <p>I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify and execute tactical decisions to be made during net/wall games on both offence and defence</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set and justify goals on how to improve my fitness</p>	<p>I can state, demonstrate and self-correct the proper serving technique in Net/Wall Games</p> <p>I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games</p> <p>I can identify and execute tactical decisions to be made during net/wall games on both offence and defence with skill and precision.</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence.</p> <p>I can participate and challenge myself in different physical activities that develop my fitness</p> <p>I can set, justify and implement goals on how to improve my fitness</p>

Topic: Net Wall Games/Fitness

Golden Nugget and Work Hard

Y9 Spring Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Use and develop correct serving technique	Complete Serving mini-games
2	Use and develop various Return/defensive shots	Use of various defensive shots with a partner
3	Use and develop effective Spiking/Smashing shots	Drills to develop spiking/smashing techniques and tactics
4	Develop technique and tactics for effective Net Play	Drills to develop net play techniques and tactics
5	Develop knowledge and application of offensive Tactics and positioning	Small sided conditioned games with offensive tactical focus
6	Develop knowledge and application of defensive tactics, stance and positioning	Small sided conditioned games with a defensive tactical focus
7	I can participate in circuit Training	Participate in a circuit training session
8	I can state examples of how to train cardiovascular Fitness	Participate in various cardiovascular fitness challenges
9	I can state a technique for a strength training exercise	Develop and implement technique for strength training exercises
10	I can participate in muscular endurance training and state what builds up in muscles in aerobic training	Participate in various muscular endurance challenges
11	I can participate in plyometric training	I can participate in various plyometric exercises
12	I can participate in a fitness class	Participate in a fitness class (ex. Boxercise)

How is your progress measured in PE in Y9 Summer Term?

Summer –

Striking/Fielding	Athletics
<ul style="list-style-type: none"> • Throwing • Batting • Fielding • Bowling/Pitching • Offensive Tactics • Defensive Tactics 	<ul style="list-style-type: none"> • Sprinting – start, technique, finish • Distance running – pacing, stride technique, tactics • Shotput • High Jump • Long Jump/Triple Jump • Discus/Javelin

Emerging	Achieving	Excelling
<p>I can state the correct throwing and batting techniques for striking/fielding games</p> <p>I can state the correct tactics for offense and defence in striking and fielding games</p> <p>I can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set goals on how to improve my fitness</p>	<p>I can state and demonstrate the correct throwing and batting technique in Striking and Fielding Games</p> <p>I can state and apply tactics for offense and defence in striking and fielding games</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches</p> <p>I can participate in different physical activities that develop my fitness</p> <p>I can identify different components of fitness and the types of training that can be used to improve them</p> <p>I can set and justify goals on how to improve my fitness</p>	<p>I can state, demonstrate and self-correct the proper throwing and batting techniques in Striking and Fielding Games</p> <p>I can state, apply and adapt tactics for offense and defence in striking and fielding games</p> <p>I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence.</p> <p>I can participate and challenge myself in different physical activities that develop my fitness</p> <p>I can set, justify and implement goals on how to improve my fitness</p>

Topic: Athletics/Striking and Fielding Games

Golden Nugget and Work Hard

	Golden Nugget	Work Hard
1	Use and develop the correct technique for an overhead throw	Throwing and catching relays
2	Develop technique and tactics for batting	Batting drills, progressing from a still ball to a ball in flight
3	Develop technique and tactics for fielding	Fielding drills for catching and throwing to bases/stumps
4	Offensive Tactics	Conditioned Games with a focus on batting/baserunning tactics
5	Defensive Tactics	Conditioned Games with a focus on defensive positioning and tactics
6	Themes of Teamwork (Service), Courage to compete (Oppourtunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Tournament