



**St George's School**  
**PE Department**  
**Year 9 Curriculum Map**

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8
<b>THE BIG IDEAS &amp; KNOWLEDGE</b> <i>Overview of topics or key questions</i>	<b>Movement Skills</b> Pupils will develop their ability to change direction at pace.  Pupils will be able to transfer large amounts of force at speed.  Develop self awareness with body management at a range of heights.	<b>Aesthetic Activities</b> Pupils will develop their core and advance skills in trampolining. They will build on their foundational jumping skills previously learnt.	<b>Traditional Team Games</b> Pupils will develop their technical and advanced skills in rugby and lacrosse. They will build on their fundamental core skills and use problem solving to overcome game scenarios.  Recognition of relevant cues to develop S-R bond.	<b>Netwall Games</b> Pupils will develop their core and advanced skills to allow them to become proficient in game context.	<b>Invasion Games</b> Clear understanding of attacking and defensive principles.  Decision making and problem solving.  Ability to infiltrate the game through decision making.	<b>Health and Wellbeing</b> Develop self awareness of what of what good health and wellbeing consists of.  Experience a range of stimuli to discover personal interests in health and well-being.	<b>Athletics</b> Knowing advance techniques for throwing, jumping and running events.  Use of run ups and preparation skills pre event.	<b>Striking and Fielding</b> Shot selection and placement in game context and under pressure.  Organising fielding placements and strategies.
<b>SKILLS &amp; STRATEGIES</b> <i>Procedural knowledge, literacy and numeracy skills</i>	Acceleration and deceleration  Change of direction  Controlled landing at speed	Half turn in and out of skills. ¼ rotation onto bed (front drop/backdrop) and linking of movements	Attacking strategies, defensive strategies, set plays, game scenario management.	Manipulating a rally through depth and width. Shot selection under pressure. Use of backhand shots in rallies to gain an advantage.	Finds ways to create scoring opportunities.  Students working in a constrained environment.	Understanding intensity of sessions.  Autonomy over workrate in lessons.  FITT principle and methods of training.	Use of advanced movement patterns.  Race strategies.  Competition management	Advanced fielding decision making e.g. where is the ball being thrown once retrieved in the field  Manipulating to strike the ball into chosen area

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<b>FEEDBACK</b> <i>Noteworthy tasks and assessments</i>	Complete end of unit pupil feedback form.							
		Teacher feedback.  Video analysis	Students led huddles mid and end of game.  Rewind and freeze frames used in delivery.	Peer feedback.	Students led huddles mid and end of game.  Rewind and freeze frames used in delivery.	Use of metrics (distance, speed, intensity)	Use of metrics (distance, speed, intensity)  Bronze Silver Gold awards	Students led huddles mid and end of game.  Rewind and freeze frames used in delivery.
<b>BREADTH</b> <i>Opportunities, trips, wider reading, cultural capital</i>	At various times through the year, the following activities are offered beyond PE lessons: Rugby, Lacrosse, Netball, Basketball, Cross Country, Athletics, Cricket and Rounders. Recreational badminton, table tennis, Dance  Inter-house competitions for: Cross Country, Badminton and Basketball, Dance, Tennis, Rounders, Cricket, Athletics (Sports' Day)							
<b>KEY VOCABULARY</b> <i>Important words and phrases</i>	<b>Decision Making</b> When to change direction <b>Teamwork</b> Application in game scenarios <b>Physical Attributes</b> Speed with control <b>Attitude</b> High levels of resilience  Body management Control of body	<b>Decision Making</b> Routine selection <b>Teamwork</b> Peers Feedback <b>Physical Attributes</b> Skills at height <b>Attitude</b> Confidence through determination  Body management Aesthetically pleasing Control Coordination Transitioning	<b>Decision Making</b> Under pressure <b>Teamwork</b> Leadership <b>Physical Attributes</b> Executing skills bi-laterally <b>Attitude</b> High levels of resilience  Manipulate space High pressure TCUP Tempo	<b>Decision Making</b> At speed <b>Teamwork</b> Positions on court <b>Physical Attributes</b> Accuracy <b>Attitude</b> Determination to keep attempting advanced skills  Depth Width Accuracy Fluency Control	<b>Decision Making</b> Under pressure <b>Teamwork</b> Leadership <b>Physical Attributes</b> Executing skills bi-laterally <b>Attitude</b> High levels of resilience  Manipulate space High pressure TCUP Tempo	<b>Decision Making</b> Choosing intensity <b>Teamwork</b> pairs/groups to complete tasks <b>Physical Attributes</b> Movements under fatigue <b>Attitude</b> High levels of resilience  FITT Metrics Borg Scale EMOM AMRAP	<b>Decision Making</b> implementing advanced skills <b>Teamwork</b> pairs/groups to complete tasks <b>Physical Attributes</b> Moving efficiently <b>Attitude</b> Determination to achieve a personal best  Race management Preparation Execution Recovery	<b>Decision Making</b> Manipulating running bases <b>Teamwork</b> To overcome constraints <b>Physical Attributes</b> Aadvanced skills with control <b>Attitude</b> Resilience to develop advanced skills  Game management Point of contact Stance Anticipation Positioning