



Year 9 PE – Progress Map



Curriculum Area	HAND	HEAD		HEART
	Skill development	Analysis	Tactics & composition	Personal Characteristics
Invasion Games (Netball, Football, Basketball, Rugby, Hockey, Handball, Ball Games)	<p>Perform skills with consistency, control and accuracy when under pressure.</p> <p>To demonstrate more advanced skills with consistency and fluency within conditioned games.</p> <p>Perform a range attacking strategies within a game situation.</p> <p>Perform and apply different defensive strategies such as man to man or zonal marking.</p> <p>To be able to shoot with accuracy, control and power at the right time. To perform a more technical shot (eg layup, jump shot)</p> <p>To be able to warm up and cool down, selecting relevant components of fitness.</p>	EVALUATING & IMPROVING	<p>To apply basic rules with consistency. To understand the consequence of broken rules.</p> <p>To select appropriate tactics and to understand 3+ set pieces.</p> <p>To use a range of terminology when discussing tactics.</p> <p>To understand 3 or more advanced rules and how they impact the game.</p>	<p>LC1 Teamwork</p> <p>LC2 Motivation</p> <p>LC3 Respect</p> <p>LC4 Resilience</p> <p>Leadership throughout</p>
Net & Wall (Badminton & tennis)	<p>Perform basic skills with consistency, control, and accuracy.</p> <p>To perform with a good level of technique in isolated situations and to maintain this technique when under pressure.</p> <p>To select shots at the right time in order to outwit an opponent.</p> <p>To perform more complex shots with some consistency and accuracy (eg drop shot, volley, smash)</p> <p>To apply shots within game situations (singles or doubles)</p>		<p>To know and apply the basic rules into a game and to officiate clearly and confidently.</p> <p>To understand the tactics involved in doubles (eg side & side /front & back)</p> <p>To know the difference in the rules between singles and doubles.</p> <p>To understand strategies to outwit and opponent and to use this effectively.</p>	

<p>Gym & Dance</p>	<p>Perform movements with clear dynamic actions and to demonstrate good rhythm and use of music.</p> <p>To apply a range of fluent transitions and link movements into the motif.</p> <p>Perform movements with control, fluency and precision whilst showing awareness of space and others.</p> <p>To perform a motif using emotions and communicating a story based around a chosen theme (eg bullying)</p> <p>To be able to lead an appropriate warm up and cool down.</p> <p>To perform skills (floor and apparatus) with control, body tension and fluency.</p> <p>To perform a range of different skills incorporating flight on apparatus.</p>		<p>To select a range of dance movements at the right time to enhance choreography.</p> <p>To know a range of choreographic devise and how these can improve a motif.</p> <p>To perform and apply a range of different choreographic devices into a motif.</p> <p>To understand the use of stimuli to help with imagination and improvisation.</p> <p>To plan more complex sequences on apparatus.</p>	
<p>Fitness & Athletics</p>	<p>To perform a range of skills in an event with success, power, and control. (100, 200m, relay, middle distance, shot, discus, javelin, HJ, LJ, TJ)</p> <p>To perform more complex techniques (eg run up) with control and accuracy.</p> <p>To apply the skills into competitive situations and when under pressure.</p> <p>To demonstrate a good level of fitness in a range of different fitness activities.</p> <p>To perform and explain aerobic vs anaerobic activities.</p> <p>To perform different methods of training with a good level of fitness.</p> <p>To carry out a range of fitness tests with precision and accuracy, recording data.</p> <p>To apply the use of principles of training and to understand how to improve their own fitness.</p>		<p>To understand and apply safe use of equipment such as throwing equipment or high jump.</p> <p>To know how to measure or time in athletics and to record results. Officiate effectively</p> <p>To be able to use technical terms consistently and accurately to describe and explain performances eg pacing, centre of gravity and trajectory</p> <p><u>Methods of training</u> Fartlek & Plyometric</p> <p><u>Components of Fitness</u> Fitness tests Health related components Skill related components</p> <p><u>Principles of Training</u> FITT Progressive overload PEP Training thresholds</p>	

<p>Striking & Fielding (Cricket & rounders)</p>	<p>Perform skills with consistency, control and accuracy.</p> <p>To field effectively using a range of techniques to put the batter under pressure (long barrier, pick up away and towards).</p> <p>To be able to hit the ball control, accuracy and power.</p> <p>To select the type of batting shot played depending on the bowl or field.</p> <p>To hit the ball with the intent of avoiding the fielding team to gain more success for the batters.</p> <p>To understand and perform the bowling technique with accuracy. To adapt the speed and flight of the ball to put the batter under pressure.</p>		<p>To know and understand the different roles within cricket / rounders and to communicate clearly. To take on different roles within the game.</p> <p>To know and apply the rules of the game to officiate clearly.</p> <p>To select team strategies and positions (fielding) to prevent the other team from scoring.</p> <p>To demonstrate good decision making within a game.</p>	
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ASSESSMENT:

Lesson 1 – core task (starting point)

Lesson 8 / 9 – core task

Q & A

Retrieval & recall

Team discussions

Peer evaluations

Teacher observations

ATOL