

Subject	Year 9 Core Knowledge – Autumn/Spring/Summer term	How to support students' learning
PE - Sports Science	<p>Athletics -</p> <ol style="list-style-type: none"> 1. Demonstrate progress towards their personal bests when performing, showing knowledge of how to improve performance for most events. 2. Use the correct starting grip and technique for more than one throwing event. 3. Understand how to effectively use pacing during a longer distance event towards a successful outcome. 4. Perform the correct technique when performing a sprint start (either standing or crouch). 5. Describe, Understand and attempt to use the correct running technique to achieve maximum speed for a sprint event. 6. Explain why and attempt to use the correct technique to generate maximum height or distance in a jump event. 7. Understand a basic rule or regulation for some athletics events. 8. Demonstrate how to prepare the body effectively for a variety of activities through an independent warm-up, specific to the event being performed. <p>Badminton -</p> <ol style="list-style-type: none"> 9. Recalls and consistently demonstrates how to grip the racket correctly. 10. Recalls and consistently demonstrates correct footwork. 11. Play overhead clears to at least rear tramlines of the court. 12. Play back hand clears to at least mid-court of the opposition side. 13. Play smash shot with power and correct angle. 14. Demonstrate the block shot. 15. Show increasing shot variation within their game play. 	<p>Athletics:</p> <ul style="list-style-type: none"> • Join a local athletics club (Tamworth/Nuneaton) to develop your technique and improve their personal best (pb) • Encourage your child to attend the school club for extra practice. • Discuss the requirements for different events with your child and encourage them to record and improve their personal bests. • Discuss the department bronze, silver and gold awards. • Watch athletics events live on TV or on YouTube. Watch world records and coaching videos for individual events. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Badminton:</p> <ul style="list-style-type: none"> • Book a court at Polesworth sports centre to play. • Encourage your child to attend the school club for practice. • Watch badminton matches/skills on YouTube/TV (e.g., https://www.badmintonskills.net/badminton-skills-and-techniques/). • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.

	<p>16. Explain the difference between attack and defence positioning in doubles.</p> <p>Coaching -</p> <ol style="list-style-type: none"> 17. Plan a micro session. 18. Deliver a micro session. 19. Review a micro session. 20. Plan a small group session. 21. Deliver a small group session. 22. Review a small group session. <p>Couch 2 5K -</p> <ol style="list-style-type: none"> 23. Relate good fitness levels to everyday activities and professions. 24. Demonstrate good pacing by distributing energy throughout a run. 25. Understand and explain how running will help maintain a healthy and active lifestyle. 26. Understand how training can help improve the mental health of participants. 27. Explain how the body is working aerobically and anaerobically during a performance. <p>Dance choreography -</p> <ol style="list-style-type: none"> 28. Understand how to develop choreography from a set stimulus. 29. Perform and choreograph a duet lasting a minimum of 2 minutes. 30. Research different creative ideas from a stimuli. 31. Understand what a choreographic intention is. 32. Use a range of choreographic devices such as contrast, highlight, climax, motif and motif development. 33. Verbally explain the stimulus and choreographic intent. 34. Effectively work and communicate with a partner, leading ideas and discussions. 	<p>Coaching:</p> <ul style="list-style-type: none"> • Discuss their plans for their session. • Let them run through the session with a member of the family. • Ask them to evaluate a session they have led. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Couch 2 5K:</p> <ul style="list-style-type: none"> • Go for a run as a family. • Download free Apps to track their runs (Strava, Couch 2 to 5K NHS). • Join local running club/park runs/athletics club (Tamworth/Nuneaton) https://www.parkrun.org.uk/. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Dance:</p> <ul style="list-style-type: none"> • Watch professional street/hip-hop companies on YouTube (e.g., boy blue entertainment, Zonation and annual ‘breakin convention’). • Encourage your child to attend the school club and annual dance shows for extra practise and confidence. • To aid with movement memory and confidence, challenge students to either perform or teach others key moves, warm up and dance phrase. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.
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Dance contact -

35. Trust themselves and their partner in contact work.
36. Know how to hold and share their weight safely in contact work.
37. Know how to perform a variety of counterbalances and lifts.
38. Learn the Chance Dance approach to choreography.
39. Perform and choreograph a contact sequence.
40. Effectively work and communicate with a partner to produce a contact sequence which is within both students' capabilities, whilst still challenging them.

Football -

41. Use at least one type of long pass with some accuracy in modified activities.
42. Demonstrate and link effective passing and control to keep possession as part of a team.
43. Use the correct body position and technique to close down an opponent with the ball in a 1 v 1 situation.
44. Execute a block tackle to win possession from opponent.
45. Use the side foot to shoot (finish).

Gaelic football -

46. Use at least one type of pass to pass the ball accurately -
47. Attempt to move into space to receive the ball.
48. Use passing to keep possession of the ball.
49. Attempt to shoot with accuracy.
50. Understand at least one role in defence.
51. Link two or more skills together in a small, sided game.

Football:

- Practice ball familiarisation skills used in lessons to develop confidence with both feet.
<https://www.youtube.com/watch?v=q1B4is3faOM>
- Encourage your child to attend the school football club to develop skills and confidence.
- Explore getting your child involved in local youth football. Visit the FA website club finder to find accredited organisations.
<https://www.thefa.com/get-involved>
- Go and watch a local team playing nearby in the Tamworth & District Sunday Football League.
- Ask your child about "ME in PE" and discuss the characteristics they have developed in PE.

Gaelic Football:

- Watch a part of a match on YouTube.
- Practice throwing, kicking, and catching skills.
- Practice as a family how to get the ball off the floor without using hands.
- Ask your child about "ME in PE" and discuss the characteristics they have developed in PE.

52. Use solo or bounce to move in possession.

Handball -

- 53. When under pressure recall and use more than one type of pass to pass the ball accurately - Over arm pass, bounce pass, flick pass and under arm pass.
- 54. Recall & receive the ball under different pressure situations.
- 55. Recall passing strategically to keep possession of the ball and create opportunities in attack under pressure.
- 56. Demonstrate moving with the ball changing either pace or direction to create shooting opportunities.
- 57. Work as part of a team to defend effectively.
- 58. Recall a range of skills to create shooting opportunities game situations.
- 59. Identify and apply positioning to a game scenario.
- 60. Use off the ball movements to demonstrate tactical awareness in game scenarios.

HRF Practical -

- 61. Effectively execute a training session in at least one aerobic and one anaerobic type of training.
- 62. Plan and perform a more detailed training session including warm-up, cool down and training zones.
- 63. Achieve and sustain the intensity required for working aerobically.
- 64. Achieve and sustain the intensity required for working anaerobically.
- 65. Provide a basic explanation of the principles of specificity, progression and overload.

HRF Theory -

- 66. Identify the difference between intrinsic and extrinsic factors causing injuries.
- 67. Identify risks within some sports/activities.

Handball:

- Get involved in any sport that you need to dodge, run, catch, and throw.
- Watch Handball matches on TV or YouTube matches/skills – e.g., Olympic and World Championships.
- Join the Handball club in school.
- Contact your local handball club (Loughborough/Coventry/ Birmingham).
- Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.

HRF – Practical:

- Ask your child to lead a warm-up with the rest of the family.
- Discuss different sports and what is needed to participate in that sport.
- Encourage them to develop their fitness and have a go at a type of training at home.
- Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.

HRF – Theory:

- Discuss different sports and what is needed to participate in that sport.
- Test them on the different fitness components and can they explain them to you.

	<p>68. Provide a simple explanation of how to prevent injuries.</p> <p>69. Identify some individual variables that can increase risk of injury.</p> <p>70. Identify the 5 phases of the warmup.</p> <p>71. Identify three common injuries in sport.</p> <p>72. State the components on SALTAPS & RICE in treatment.</p> <p>Netball -</p> <p>73. Select and perform footwork and passing variations with control and fluency under increasing pressure.</p> <p>74. Use correct shooting technique with some success in game situations.</p> <p>75. Understand and demonstrate attacking principles and be able to devise and select appropriate strategies (movement off the ball/pass selection) to help the team maintain possession.</p> <p>76. Apply pressure to the opposition through effective marking/defending, combined use of arms and body position to limit options with attention to obstruction rule.</p> <p>77. Observe the rules of footwork/obstruction/contact/offside/the rules of centre pass/3 second rule and replay/repossession/short pass rules with support.</p> <p>78. Contributes to both attacking and defensive play, working effectively in a team to select and apply tactics.</p> <p>Rounders -</p> <p>79. Use a range of bowling techniques with some accuracy and consistency to challenge the opposition.</p> <p>80. Move into position in the field to reduce scoring opportunities.</p> <p>81. Use power and placement in batting to challenge the fielding</p>	<ul style="list-style-type: none"> • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Netball:</p> <ul style="list-style-type: none"> • Practice throwing and catching/target-based skills (e.g., catch or chalk target on a wall) and foot coordination skills (e.g., skipping or hopscotch) at home. • Encourage your child to attend the school club for practice. • Research local netball clubs/teams to join https://www.englandnetball.co.uk/play-netball/find-a-session-or-club/. • Watch netball drills on-line https://www.youtube.com/watch?v=8WxpyyUwQIQ https://www.youtube.com/watch?v=sGPHv-hkBVs or watch parts of matches on YouTube/TV. https://www.youtube.com/watch?v=H25dND9cJuQ. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Rounders:</p> <ul style="list-style-type: none"> • Practice throwing and catching/target-based skills (e.g., catch or chalk target on a wall) and running skills at home (e.g., forwards/backwards relays/ball collect). • Encourage your child to attend the school club for practice. • Find local rounders clubs/teams to join https://www.roundersengland.co.uk/play/.
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team and increase the chances of scoring.

82. Perform overarm throw with accuracy to a well selected target.
83. Understand the fielding positions and their roles.
84. Enforce a range of rules relating to bowling, batting and fielding in small game situations and in full games with support.

Rugby -

85. Pass and catch the ball effectively under pressure.
86. Correct technique when entering ruck or maul.
87. Have a better understanding of how to beat an opponent using change of pace, change of direction, or shape of body position.
88. Decision making with ruck from lineout.
89. Decision making with maul from lineout.
90. Recall and use tackling effectively in game situation.
91. Correct decision making in open play.

Mini games -

92. Make plans to enhance performance.
93. Work cooperatively with others.
94. Actively listen to teammates.
95. Mini games - Use imagination to achieve success.
96. Provide others with constructive feedback.
97. Suggest tactics and ideas.
98. Demonstrate an element of creativity.
99. Set short and medium-term goals.

- Watch rounders drills on-line
<https://www.youtube.com/watch?v=kWCNpOJ9vXA>
<https://www.youtube.com/watch?v=smTBrE52Fag>.
- Watch parts of matches on YouTube
<https://www.youtube.com/watch?v=EGcimxQM0v0>.
- Encourage them to talk about health and fitness and what makes a person healthy.
- Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.

Rugby:

- Contact your nearest rugby club (Tamworth, Atherstone, Nuneaton, Market Bosworth).
- Encourage your child to attend the school rugby club or practice.
- Get involved in any games that involve dodging, running, throwing, and catching.
- Watch rugby games on TV or live/skills on YouTube.
- Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.

Mini Games:

- Watch versions of the sport on YouTube to discuss tactics and strategies.
- Search for an activity and join a local club.
<https://www.bbc.co.uk/sport/get-inspired>
- Discuss different types of competition:
 - o Leagues
 - o Ladder
 - o Round Robin
 - o Knockout Cups
- Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.

	<p>Volleyball -</p> <ul style="list-style-type: none"> 100. Apply the correct body position for the volley. 101. Recall and demonstrate the correct body position for the serve. 102. Move with some speed and agility. 103. Recall and demonstrate the correct ready position. 104. Understand why 3-touch volleyball is usually the most effective way to win points. 105. Demonstrate where to move to help a teammate in 2v2 volleyball. 106. Officiate a game. 107. Understand the tactics of 4v4 volleyball. 	<p>Volleyball:</p> <ul style="list-style-type: none"> • Encourage your child to attend the school club for practice. • Watch volleyball matches/skills online. The following are good to use: https://www.youtube.com/c/Volleyball1on1Videos https://www.youtube.com/watch?v=Foj6A4WWgCg • Join a volleyball club – both Tamworth Spartans and Nuneaton Volleyball Club are recommended and have links with the school. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.
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