**Subject: Physical Education**

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|  | | **Year 9 – Novice** | **Year 9 – Capable** | **Year 9 – Expert** |
| **Performance** | **Netball** | **Students should be able to:**   * Pass and receive the ball with a competent level of accuracy and precision. * Apply footwork with a competent level of control and precision. * Move into space with a competent level of fluency, awareness of other players and timing. * Apply shooting technique with a competent level of accuracy and precision. * Demonstrate defending and marking with a competent level of precision and apply to most competitive situations. * Contribute to open play, often able to influence the performance of the team * Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions. * Identify most of the different rules, positions, where they are allowed on court and who they mark. | **Students should be able to:**   * Pass and receive the ball with a good level of accuracy and precision. * Apply footwork with a good level of control and precision. * Move into space with a good level of fluency, awareness of other players and timing. * Apply shooting technique with a good level of accuracy and precision. * Demonstrate defending and marking with a good level of precision and apply to most competitive situations. * Contribute to open play competently and able to influence the performance of the team. * Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play. * Distinguish between and explain different rules, positions, where they are allowed on court, who they mark and recognise when a player is offside. | **Students should be able to:**   * Pass and receive the ball with a very good level of accuracy and precision. * Apply footwork with a very good level of control and precision. * Move into space with a very good level of fluency, awareness of other players and timing. * Apply shooting technique with a very good level of accuracy and precision. * Demonstrate defending and marking with a very good level of precision and apply to most competitive situations. * Contribute to open play very well and able to influence the performance of the team, motivating and leading others. * Demonstrate effective adaptations to appropriate tactical changes in response to their opponents’ actions, with regular success in changing play. * Distinguish between and explain different rules, tactics, positions, where they are allowed on court, who they mark, recognise when a player is offside and switch between positions confidently. |
| **Health Related Fitness** | **Students should be able to:**   * State what circuit training is. * Describe thresholds of training. * Know the FITT principle acronym and recognise the term progressive overload. * State what specificity is. * Identify some fitness tests and of components of fitness measured. * Demonstrate a sufficient level of physical fitness in different fitness tests. | **Students should be able to:**   * Describe what circuit training is and some of the characteristics of this method. * Calculate the thresholds of training and apply zones to a circuit. * Identify and apply the FITT principle and progressive overload to a circuit. * Describe specificity and apply to a circuit. * Identify the different fitness tests and describe some of the components of fitness measured. * Demonstrate a competent level of physical fitness in circuit training and fitness tests. | **Students should be able to:**   * Explain what circuit training is, the characteristics of this method and know how to adapt exercises to make them harder. * Identify and recall the different aerobic and anaerobic training zones calculations and apply to a circuit. * Explain how to apply the FITT principle and progressive overload to a circuit or training programme. * Explain specificity and know how it can be applied to different sports. * Explain different fitness tests, describe some of the components of fitness measured and recall the protocol for most tests * Demonstrate a good level of physical fitness in circuit training and fitness tests. |
| **Football** | **Students should be able to:**   * Pass and receive the ball with a competent level of accuracy and precision. * Move and run with the ball showing a competent level of control and fluency. * Turn with the ball showing a competent level of precision and fluency. * Apply shooting and striking technique with a competent level of accuracy and precision. * Demonstrate defending and tackling with a competent level of precision and fluency. * Contribute to open play, often able to influence the performance of the team. * Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions. * Describe some of the different rules, positions and tactics with application to most competitive situations. | **Students should be able to:**   * Pass and receive the ball with a good level of accuracy and precision. * Move and run with the ball showing a good level of control and fluency. * Turn with the ball showing a good level of precision and fluency. * Apply shooting and striking technique with a good level of accuracy and precision. * Demonstrate defending and tackling with a good level of precision and fluency. * Contribute to open play competently and able to influence the performance of the team. * Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play. * Explain most of the different rules, positions and tactics with application to competitive situations when under pressure. | **Students should be able to:**   * Pass and receive the ball with a very good level of accuracy and precision. * Move and run with the ball showing a very good level of control and fluency. * Turn with the ball showing a very good level of precision and fluency. * Apply shooting and striking technique with a very good level of accuracy and precision. * Demonstrate defending and tackling with a very good level of precision and fluency. * Contribute to open play very well and able to influence the performance of the team, motivating and leading others. * Demonstrate effective adaptations to appropriate tactical changes in response to their opponents’ actions, with regular success in changing play. * Explain most of the different rules, positions and apply different sequences and tactics to competitive situations under pressure successfully. |
| **Table Tennis** | **Students should be able to:**   * Apply the correct grip and ready position with a competent level of accuracy and precision. * Move at and around the table with a competent level of fluency and control. * Serve using the forehand and backhand technique with a competent level of accuracy and precision. * Demonstrate a forehand and backhand push shot with a competent level of precision and fluency. * Apply a forehand and backhand topspin with a competent level of precision and fluency. * Demonstrate a slice shot with a competent level of accuracy and precision. * Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions. * Describe most of the different rules used in singles and doubles games and score with confidence. | **Students should be able to:**   * Apply the correct grip and ready position with a good level of accuracy and precision. * Move at and around the table with a good level of fluency and control. * Serve using the forehand and backhand technique with a good level of accuracy and precision. * Demonstrate a forehand and backhand push shot with a good level of precision and fluency. * Apply a forehand and backhand topspin with a good level of precision and fluency. * Demonstrate a slice shot with a good level of accuracy and precision. * Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play. * Explain most of the different rules used in singles and doubles games, score confidently and apply consequences of rule breaks. | **Students should be able to:**   * Apply the correct grip and ready position with a very good level of accuracy and precision. * Move at and around the table with a very good level of fluency and control. * Serve using the forehand and backhand technique with a very good level of accuracy and precision. * Demonstrate a forehand and backhand push shot with a very good level of precision and fluency. * Apply a forehand and backhand topspin with a very good level of precision and fluency. * Demonstrate a slice shot with a very good level of accuracy and precision. * Demonstrate effective adaptations to tactical changes in response to their opponents’ actions, with regular success in changing play. * Explain most of the different rules used in singles and doubles games and apply to own and other game play in longer scoring games. |
|  | **Handball** | **Students should be able to:**   * Pass and receive the ball with a competent level of accuracy and precision. * Apply footwork with a competent level of control and precision. * Move and dribble with the ball showing a competent level of fluency and accuracy. * Demonstrate shooting technique with a competent level of accuracy and precision. * Apply attacking techniques with a competent level of fluency and accuracy. * Demonstrate defending and blocking with a competent level of precision and accuracy. * Contribute to open play, often able to influence the performance of the team. * Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions. * Describe some of the different rules, positions and tactics with application to most competitive situations. | **Students should be able to:**   * Pass and receive the ball with a good level of accuracy and precision. * Apply footwork with a good level of control and precision. * Move and dribble with the ball showing a good level of fluency and accuracy. * Demonstrate shooting technique with a good level of accuracy and precision. * Apply attacking techniques with a good level of fluency and accuracy. * Demonstrate defending and blocking with a good level of precision and accuracy. * Contribute to open play competently and able to influence the performance of the team. * Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play. * Explain most of the different rules, positions and tactics with application to most competitive situations when under pressure. | **Students should be able to:**   * Pass and receive the ball with a very good level of accuracy and precision. * Apply footwork with a very good level of control and precision. * Move and dribble with the ball showing a very good level of fluency and accuracy. * Demonstrate shooting technique with a very good level of accuracy and precision. * Apply attacking techniques with a very good level of fluency and accuracy. * Demonstrate defending and blocking with a very good level of precision and accuracy. * Contribute to open play very well and able to influence the performance of the team, motivating and leading others. * Demonstrate effective adaptations to appropriate tactical changes in response to their opponents’ actions, with regular success in changing play. * Explain most of the different rules, positions and apply different sequences and tactics to competitive situations under pressure successfully. |
|  | **Badminton** | **Students should be able to:**   * Apply the forehand and backhand grip and ready position with a competent level of accuracy and precision. * Move around court with a competent level of fluency and control. * Serve using the low and high technique with a competent level of accuracy and precision. * Demonstrate overhead shots with a competent level of precision. * Apply a net shot and drop shot with a competent level of accuracy and fluency. * Demonstrate a smash shot with a competent level of accuracy and precision. * Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions. * Describe most of the different rules, court lines used in singles games and score with confidence. | **Students should be able to:**   * Apply the forehand and backhand grip and ready position with a good level of accuracy and precision. * Move around court with a good level of fluency and control. * Serve using the low and high technique with a good level of accuracy and precision. * Demonstrate overhead shots with a good level of precision. * Apply a net shot and drop shot with a good level of accuracy and fluency. * Demonstrate a smash shot with a good level of accuracy and precision. * Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play. * Explain most of the different rules used in singles games, score confidently and apply consequences of rule breaks. | **Students should be able to:**   * Apply the forehand and backhand grip and ready position with a very good level of accuracy and precision. * Move around court with a very good level of fluency and control. * Serve using the low and high technique with a very good level of accuracy and precision. * Demonstrate overhead shots with a very good level of precision. * Apply a net shot and drop shot with a very good level of accuracy and fluency. * Demonstrate a smash shot with a very good level of accuracy and precision. * Demonstrate effective adaptations to tactical changes in response to their opponents’ actions, with regular success in changing play. * Explain most of the different rules used in singles and doubles games and apply to own and other game play in longer scoring games. |
|  | **Basketball** | **Students should be able to:**   * Pass and receive the ball with a competent level of accuracy and precision. * Apply footwork with a competent level of control and precision. * Move and dribble with the ball showing a competent level of fluency and accuracy. * Demonstrate shooting technique with a competent level of accuracy and precision. * Apply attacking techniques with a competent level of fluency and accuracy. * Demonstrate defending and blocking with a competent level of precision and accuracy. * Contribute to open play, often able to influence the performance of the team. * Demonstrate some effective attempts to adapt to tactical changes in response to their opponents’ actions. * Describe some of the different rules, positions and tactics with application to most competitive situations. | **Students should be able to:**   * Pass and receive the ball with a good level of accuracy and precision. * Apply footwork with a good level of control and precision. * Move and dribble with the ball showing a good level of fluency and accuracy. * Demonstrate shooting technique with a good level of accuracy and precision. * Apply attacking techniques with a good level of fluency and accuracy. * Demonstrate defending and blocking with a good level of precision and accuracy. * Contribute to open play competently and able to influence the performance of the team. * Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play. * Explain most of the different rules, positions and tactics with application to competitive situations when under pressure. | **Students should be able to:**   * Pass and receive the ball with a very good level of accuracy and precision. * Apply footwork with a very good level of control and precision. * Move and dribble with the ball showing a very good level of fluency and accuracy. * Demonstrate shooting technique with a very good level of accuracy and precision. * Apply attacking techniques with a very good level of fluency and accuracy. * Demonstrate defending and blocking with a very good level of precision and accuracy. * Contribute to open play very well and able to influence the performance of the team, motivating and leading others. * Demonstrate effective adaptations to appropriate tactical changes in response to their opponents’ actions, with regular success in changing play. * Explain most of the different rules, positions and apply different sequences and tactics to competitive situations under pressure successfully. |
|  | **Methods of Training** | **Students should be able to:**   * State some of the methods of training. * Identify some of the benefits for each method of training. * Recall some of the components of fitness. * Demonstrate a competent level of physical fitness in different methods of training. | **Students should be able to:**   * Identify many of the methods of training and state some of the characteristics for each. * Identify the benefits for different training methods. * Describe the different components of fitness and link to sporting examples. * Demonstrate a good level of physical fitness in different methods of training. | **Students should be able to:**   * Describe and identify the characteristics of all the methods of training covered and what these sessions could include. * Identify the benefits for different training methods and link to specific sporting examples. * Describe most of the components of fitness and link to more than one sporting example. * Demonstrate a very good level of physical fitness in different methods of training. |
|  | **Athletics** | **Students should be able to:**   * Perform sprint technique with a competent level of posture, stride length and coordination of the legs and arms. * Demonstrate sprint starts with a competent level of accuracy and reaction time. * Apply a competent level of pacing during middle to long-distance race. * Perform jumps with a competent level of speed, coordination and rhythm between the different phases. * Demonstrate throws with a competent level of precision, timing and movement. * Identify most of the different rules and techniques for track and field events. * Officiate some competitive events and time and measure distances with some confidence across track and field events. | **Students should be able to:**   * Perform sprint technique with a good level of posture, stride length and coordination of the legs and arms. * Demonstrate sprint starts with a good level of accuracy and reaction time. * Apply a good level of pacing during middle to long-distance race. * Perform jumps with a good level of speed, coordination and rhythm between the different phases. * Demonstrate throws with a good level of precision of grip, timing and movement. * Explain and apply most of the different rules and techniques for track and field events. * Officiate varying competitive events and time and measure distances with confidence. | **Students should be able to:**   * Perform sprint technique with a very good level of posture, stride length and coordination of the legs and arms. * Demonstrate sprint starts with a very good level of accuracy and reaction time. * Apply a very good level of pacing during middle to long-distance race. * Perform jumps with a very good level of speed, coordination and rhythm between the different phases. * Demonstrate throws with a very good level of precision of grip, timing and movement. * Explain and apply the different rules and techniques for track and field events. * Officiate and lead all competitive events and time and measure distances with confidence. |
|  | **Striking and Fielding** | **Students should be able to:**   * Throw and catch with a competent level of accuracy. * Apply batting technique with a competent level of accuracy and timing. * Demonstrate bowling/pitching technique with a competent level of precision and fluency. * Contribute to fielding play with a competent level of movement in outfield and/or when covering posts/bases. * Run between posts/bases with a competent level of efficiency and awareness of the game and other players. * Communicate with others and is often able to influence the performance of the team. * Demonstrate some effective attempts to adapt to tactical changes in response to the opposing team’s actions. * Describe some of the different rules, positions and tactics with application to most game situations. | **Students should be able to:**   * Throw and catch with a good level of accuracy. * Apply batting technique with a good level of accuracy and timing. * Demonstrate bowling/pitching technique with a good level of precision and fluency. * Contribute to fielding play with a good level of movement in outfield and/or when covering posts/bases. * Run between posts/bases with a good level of efficiency and awareness of the game and other players. * Communicate with others effectively and able to influence the performance of the team. * Demonstrate effective attempts to adapt to tactical changes in response to their opponents’ actions, with some successful changes in play. * Explain most of the different rules, positions and tactics with application to game situations when under pressure. | **Students should be able to:**   * Throw and catch with a very good level of accuracy. * Apply batting technique with a very good level of accuracy and timing. * Demonstrate bowling/pitching technique with a very good level of precision and fluency. * Contribute to fielding play with a very good level of movement in outfield and/or when covering posts/bases. * Run between posts/bases with a very good level of efficiency and awareness of the game and other players. * Communicate with others extremely effectively and always able to influence the performance of the team, motivating and leading others. * Demonstrate effective adaptations to appropriate tactical changes in response to their opponents’ actions, with regular success in changing play. * Explain and referee most of the different rules, positions and apply different sequences and tactics to competitive situations under pressure successfully. |
| **Development and Coaching** | | **Students should be able to:**   * Explain numerous ways to improve own and others’ performance. * Explain numerous strengths in own and others’ performance. * Describe basic rules used in various sports and can apply many to competitive games. * Lead a small group in an activity. * Communicate ideas easily and consistently within a group to share thoughts and ideas. * Work collaboratively with team and helps to guide others and make decisions collectively. | **Students should be able to:**   * Analyse own and others’ performance using sport-specific terminology, implementing improvements where possible. * Analyse strengths in own and other’s performance using sport-specific terminology. * Explain and apply rules in various sports and can apply these in competitive games and umpire short games. * Lead a bigger group in an activity. * Communicate with ease in a group and can involve and motivate other students. * Take on different roles in a team scenario to and drive decisions in group. | **Students should be able to:**   * Evaluate own and others’ performance using sport-specific terminology and share opinion and guide others on how to improve. * Show awareness of the rules and can apply this effectively to competitive games and umpire longer games. * Lead a bigger group in an activity, actively seeking opportunities to lead and deliver part of the lesson. * Communicate and enthuse a group to achieve a common goal, supporting others and challenging others to do this. * Accept and take on roles most suited to the group and negotiate a change in role when appropriate. |
| **Theoretical Elements** | | **Students should be able to:**   * Identify some of the principles of training. * State what a balanced diet is. * Recognise what the energy balance is. * Name some macronutrients and micronutrients and give some examples of foods that are in each category. * State some of the roles of macronutrients and micronutrients. * State what the term sedentary lifestyle means. * Identify some of the different types of guidance. * State some of the different ways of classifying skills. | **Students should be able to:**   * State and apply the principles of training to sessions. * Describe what a balanced diet and give specific examples of different food types included. * Identify what the energy balance is and give an example of the balance between energy in and energy out. * State the difference between macronutrients and micronutrients and give several examples of foods in each category. * Identify most of the roles of macronutrients and micronutrients. * Describe a sedentary lifestyle and identify some of the consequences of leading one. * Describe the different types of guidance and give some examples. * Describe most of the different ways of classifying skills and give some sporting examples. | **Students should be able to:**   * Explain the principles of training regarding improvement and getting better. * Explain the term balanced diet and identify why this is important in sport. * Explain energy balance and consider the different outcomes of energy in and out regarding different sports. * Identify why macronutrients and macronutrients are important in a balanced diet and give many examples of food that are in each category. * Identify all the roles of macronutrients and micronutrients and linking some to specific athlete’s diets. * Define the term sedentary lifestyle, identify consequences of leading one and link to the importance of sport and diet. * Explain the different types of guidance, give examples and obtain awareness of which guidance type should be applied in different situations. * Distinguish between the different ways of classifying skills and give clear sporting examples. |