

## Curriculum Overview – Autumn Term 2022-2023

**Subject:** Physical Education  
**Year group:** 9

Unit number	Unit name	Key learning aspects (knowledge, understanding, skills)	Key assessment opportunities
<b>1</b>	<b>Athletic Performance</b>	<p>Baseline Testing of Key Aspects of Physical Fitness (Power, Speed and Cardio-vascular Endurance). Understanding of training methods that develop specific aspects of Physical Fitness. Wider understanding and basic knowledge of more complex principles of training such as Specificity, Overload, Progression, Adaptation and Reversibility.</p>	<p>Students are able to share and demonstrate knowledge of training principles for various Aspects of Fitness, How Often, How Hard and How Long Training sessions should be dependent on the method of training. Students can discuss and explain the impact of more complex training principles and their effects.</p>
<b>2</b>	<b>Invasion Games</b>  <b>Netball/Basketball/Benchball/Football</b>	<ul style="list-style-type: none"> <li>• Execution of ball control skills in isolated contexts, introduction of skill execution under pressure – opposed pressure.</li> <li>• Apply control of ball handling within a small sided competitive context – active opposition</li> <li>• Replication of effective passing techniques with accuracy in isolated contexts – with environmental pressure</li> <li>• Select and apply ball and passing skills in a small sided competitive context – active opposition</li> <li>• Demonstrate consistency of ball control, accuracy with passing in a larger formal games context.</li> <li>• Show basic understanding and awareness of attacking principle of width</li> </ul>	<ul style="list-style-type: none"> <li>• Applying Skills</li> <li>• Applying Skills in context</li> <li>• Cooperative working</li> <li>• Demonstrating effective spatial awareness</li> <li>• Team communication and collaboration</li> </ul>

		<ul style="list-style-type: none"><li>• Show basic understanding of the defensive principle of pressure</li></ul>	
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