



CURRICULUM CORE KNOWLEDGE PLAN

SUBJECT: PE

YEAR GROUP: Y9

DATE: 2023-2024

Term and unit	Core knowledge	Core vocabulary	Revisiting prior knowledge	Links to Walney Ways & Employability skills/Careers
Autumn Term – Rugby	- To know the rules of rugby from Y7/8 and apply them in a game situation. - To know some of the key positions in rugby and develop knowledge of the roles of each position. - To know the key knowledge and skills from Y7 and Y8 and to understand more complex rules in rugby. - To know the correct technique for kicking from hand – punt kick and grubber. - Catching high ball – high hands, bring ball into chest, introduce jump to catch, position in the air - Holding tackle – holding player up in the tackle, tackling in pairs/as a team, preventing offload, fight to get player on their back to delay play of the ball - Develop decision making – introduction of kicking, best option on last tackle? How to outwit opponents (individual and as a team) - Self and peer evaluation to enhance performance	Grubber kick, punt kick ('up and under'), holding tackle, offload	Y7/Y8 – rules (knock-on, forward pass, play the ball, offside, marker). Handling – different passes Tackling – basic low tackle technique Recap of strategies from Y7/8 – draw man and pass, overlap. Key vocabulary used from Y7/8. Retrieval practice	Resilience Communicative Self-motivation Respect, teamwork, leadership, sportsmanship
Autumn Term – Football	- To recap of basic rules/concepts of football – handball, positioning, movement - Shooting – to know the correct technique for shooting, low/hard, hit with laces for power, side of foot for placement - Dribbling – to develop turning with the ball, 'Cruyff turn' - Develop decision making – trying to outwit opponents - Using strategies and tactics to gain advantage – to explore team tactics in football such as; park the bus, high press, long ball option - Self and peer assessment, using evaluation to enhance performance	'Cruyff turn', 'park the bus', high press, pressing, step over, volley, jockey, placement	Y7/8 – rules of football, positions, strategies from previous years Y7/8 – standing tackle, short pass, pass and move, dribbling, controlling the ball, protective dribbling, marking Retrieval practice to revisit core knowledge from previous years	Resilience Communicative Self-motivation Respect, teamwork, sportsmanship, leadership



Autumn Term – Table Tennis	- To know the rules of table tennis and apply these rules in a game situation - To know the correct technique for the forehand and backhand push, being able to perform these in isolation and in competitive situations - To know and develop the technique for the forehand smash – isolated drills and competitive situations and when this shot is best to use in gameplay - To know the correct technique for the block – defensive shot - Develop decision making – singles/doubles, shot selection, trying to outwit opponent – pace, spin, positioning - Self & peer assessment to evaluate performance. Officiating and scoring matches.	Forehand smash, block, top spin	Y7/8 – basic rules/rules of the serve/points/scoring/officiating Y7/8 – backhand and forehand push, serving, backhand and forehand drive Retrieval practice of key core knowledge explored in Y7 and Y8	Resilience Communicative Self-motivation Self-aware Respect, teamwork, sportsmanship
Spring Term Health-Related Exercise	- To know the benefits of exercise - To know the barriers of exercise and the strategies to overcome them - To know the components of fitness and be able to successfully apply these to specific individuals and specific sports - To know the different muscles used in the body during exercise - How can we be more active? Prevention strategies to avoid sedentary lifestyles - Principles of training – FITT principles – frequency, intensity, time and type - Methods of training – training for different areas of fitness - Development of more muscles – deltoids, gluteus maximus, pectorals, trapezius	Sedentary lifestyle, frequency, intensity, time, type, training methods	Revisiting prior knowledge from Y7/Y8 – benefits of exercise, barriers, components of fitness, heart-rate, fitness testing, muscles	Resilience Self-motivated Self-aware Communicative Wider thinking Self-confidence, teamwork, problem solving, target setting Career skills – health and social care. Lifestyle and provisions for improving sedentary lifestyles.
Spring Term Handball	- To know some of the fundamental rules/concepts of handball – 3 second rule, 3 steps - To know and understand the correct technique of the overarm pass in handball - To understand the concept of the 3 step rule and how to effectively use it in a competitive situation - To know and develop passing on the move and passing up and down the court - To know the correct technique for shooting and the rules of shooting in handball - To know how to block in handball and how to defend strategically during a game	Overarm pass, 3 second rule, evasion, 3-step rule, baseline, 'D', free throw, block, counter attack, fast break	Links to prior knowledge of basketball, netball and other invasion games covered in Y7 and Y8. Prior knowledge of attackers/defenders games that they will have played lower down the school.	Resilience Self-motivation Employability/career links: teamwork, problem solving, wider thinking



	To know about attack and defence and develop decision making to outwit opponents			
Spring Term Volleyball	- To know the basic rules of volleyball. Including the layout of the court and how to set up a court - To know how to perform a set shot, demonstrating correct technique - To know how to perform a dig, demonstrating correct technique - To know how to perform a spike, demonstrating correct technique - To know the correct rules for the serve and the point scoring system in volleyball - To develop decision making and tactical awareness to try and outwit opponents - To know how to score and officiate a volleyball match	Set, dig, spike, let, serve, out, baseline, ace, block, double hit, held ball, pass, ready position	Links to other court/net and wall games covered in Y7 and Y8. Some prior knowledge with key terms (e.g. ace, serve, out, let – tennis, badminton) Some prior knowledge of games they may have played when they were younger (e.g. keeping a balloon up, keepy-ups in football)	Resilience Self-motivated Self-aware Teamwork, patience, problem solving, listening
Summer Term Athletics	- To know the rules and techniques for the three throws in athletics – discus, shot put and javelin - To know the rules and correct techniques for the three jumps in athletics – long jump, triple jump (boys) and high jump - To know the rules and techniques/strategies for the track events – 100m, 200m, 300m, 800m, 1500m. - To know the principles of running for long distance and principles of sprints - To know how to throw for distance and know how to adapt technique to throw further - To know how to jump for distance/height and to know how to self/peer evaluate to improve performance	Track, field, lane, false start, hurdles, lap, distance, pace, sprint	Revisiting prior knowledge from athletics unit in Y7/Y8 Retrieval practice of core knowledge and key terms from Y7/Y8	Resilience Self-motivated Self-aware Teamwork, problem solving, officiating, coaching
Summer Term Cricket	- To know the basic rules of cricket and be able to apply these rules whilst playing competitively - To know the basic fundamentals of bowling and develop pace, accuracy and tactics when bowling in cricket - To know the correct batting technique for the block, drive and pull shot in cricket and know when to select and apply these successfully in a game situation - To know the correct technique of catching/throwing and ground fielding in cricket. To know some fielding positions in cricket and understand the demands of these positions – e.g. slip = reaction catches - To develop running between the wicket	Run out, stumping, slip, point, mid-wicket, square leg, Yorker, bouncer, leave, boundary, single	Revisiting and building on knowledge from Y7/Y8 – rules, batting, bowling and fielding Retrieval practice of core knowledge and key terms from Y7/Y8	Resilience Self-motivated Self-aware Teamwork, problem solving, communication, leadership, sportsmanship

