



# Blue Coat Church of England Academy

<b>Year: 9</b>	<b>Subject: Physical Education</b>
<b>Fitness</b>	
<p>All pupils will study a unit of Fitness, where they will conduct a detailed investigation into the different types of training and the way that it affects their health. Pupils will be introduced to interval, fartlek, continuous, weight and speed training sessions, given an insight into how each can develop a specific area of fitness. Pupils will be asked to devise and participate in a fitness circuit or training programme, where they will take part in a range of small activities that cover all of the different fitness components; for example, strength and endurance.</p>	
<b>Badminton</b>	
<p>Pupils will study badminton during year 9, where they will focus on refining and developing their existing techniques such as serving, attacking and defending. Pupils will be able to demonstrate greater speed, force and accurately in their play, returning their opponents shot easily and with enough control to score a point. Pupils will be expected to recap their knowledge on how to set up a badminton court, and show initiative, teamwork and leadership skills to set up their equipment at the start of a game. They will also have opportunities to devise warm ups that are appropriate to badminton and lead the rest of their class in warm up activities.</p>	
<b>Football</b>	
<p>Pupils will take part in a 6-week unit of football during year 9. This unit will focus on developing, implementing and refining the individual skills and techniques they have</p>	

worked on during years 7 and 8, such as passing, tackling and shooting, as well developing pupils' ability to put together a game plan, and work effectively as a team to outwit opponents. Teams will be expected to plan strategies and formulate set plays that they can then implement in different situations in a football game. They will be assessed on their ability to use selected game plans appropriately and successfully within a game situation. A teams' success will be measured on how well they can maintain possession, invade their opponents' territory and score goals to win a game.

## **Netball**

Pupils will take part in a 6-week unit of netball during year 9. This unit will require pupils to explore the use of team game plans on top of the individual techniques they have been developing since year 7. Pupils will focus on developing and implementing attacking and defending strategies and techniques including passing, travelling, marking and shooting. Pupils will be encouraged to devise set plays that they will use to outwit their opponent, before analysing their success as a team.

## **Cricket**

During the summer term, boys will study a 6 week unit of cricket, in which they will improve their individual technique in batting, bowling and fielding. Pupils will work in teams with the intention of scoring runs against their opponents, by exploring good batting technique to deceive or avoid the fielders. As fielders, pupils will be taught drills to improve their throwing skills over long and short distances which they should then use effectively within a game situation. Pupils will be required to demonstrate the appropriate force when throwing a cricket ball, and will be assessed on how successfully they can prevent their opponents score runs. Pupils are expected to have detailed knowledge of the rules and conventions of the game, and use their knowledge to both manage their own games and umpire games for their peers.

## **Rounders**

In this 6 week unit for girls, pupils should aim to show a high level of proficiency when batting, bowling and fielding. Pupils will continue to be assessed on how successfully

they can outwit their opponents when batting, and will also be expected to demonstrate the necessary force, speed and accuracy when throwing to prevent their opponents scoring rounders. They will have the opportunity to exhibit their leadership skills by selecting players for each position on the team, and so will need to develop appropriate knowledge of each position, as well as the skills to reflect upon their own and their team mates' performance.

## Information

More information about the PE curriculum can be found here. This is the National Curriculum for PE.

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study#key-stage-3>.

You can help your child at home by helping them to research and read around the topics that they will cover each half term, and where possible, encourage them to attend or watch professional sports. We have a variety of clubs available in school and you can help to improve your child's confidence and ability in PE by encouraging them to participate in these.

You can help your child develop their awareness of a healthy lifestyle by involving them in the selection and preparation of healthy family meals and promoting active play and recreation.

Finally, your child will be expected to bring PE kit to every lesson and you may assist your child by checking their timetable with them and identifying the days when they will need their PE kit, before making sure that they own appropriate Blue Coat Academy PE kit.