

Subject:

Year 9 Curriculum Map (PE Foundation Option)

| Term/ Focus | Autumn 1 – Topic 1.2 Health Related fitness | Autumn 2 – Topic 1.2 Health Related Fitness | Spring 1 – Topic 1.1 Leadership and Coaching | Spring 2– Topic 1.1 Leadership and Coaching | Summer 2 - Topic 1.1 Practical | Summer 2 - Topic 1.1 Practical |
|---|--|---|---|---|---|-----------------------------------|
| <p>Key knowledge and skills – What core knowledge and key skills will be acquired and developed by students?</p> | <p>Components of fitness 1. Know the different component of fitness</p> <p>Fitness testing 1. Complete fitness tests and understand protocols for each test</p> <p>Principles of training 1. To know the principles of training</p> <p>Types of training 1. To know the definitions of different types of training</p> <p>To practically take part in a session covering the different types of training</p> <p>To complete different fitness tests to identify fitness levels</p> <p>To design a six week training program for Cardiovascular fitness</p> | <p>To complete a six week fitness training programme for Cardiovascular fitness, Running over Two sessions per week</p> | <p>Preparing Sport and Activity Sessions</p> <p>1. Take part in the planning of a sport/activity</p> <p>i. Explain what information will be needed in order to plan a sport/activity</p> <p>ii. Explain where to find information and how to use this knowledge to plan a sport/activity</p> <p>iii. Describe the structure of a sport/activity session</p> <p>iv. Describe how the sport/activity will change with the age/ability of participants</p> <p>v. Assist in the planning of a sport /activity session</p> <p>2. Take part in the leading of a sport/activity i. Assist in the leading of a sport/activity</p> <p>3. Understand how to communicate with participant/s i. Describe the elements of communication</p> <p>4. Use verbal and non-verbal communication when leading others</p> <p>i. Use verbal communication skills when leading a sport/activity</p> <p>ii. Use non-verbal communication skills when leading a sport/activity</p> <p>5. Take part in the review of a sport/activity session ie. Explain what went well and what did not go so well</p> <p>ii. Agree what could be improved for future activities</p> | | <p>Double Practical Sports</p> <p>Students to take part in, and learn new skills in:</p> <p>Athletics Tennis Badminton Table Tennis</p> | |

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