

## BLESSED TRINITY LEARNING PROGRAMME

**SUBJECT: PE**

**YEAR: 9**

Title	Learning Objectives	Classroom Activity	Recommended Homework	Marking & Assessment
<b>Football</b>	Pupils will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking.	Passing, shooting, control and heading will be developed through small sided games and conditional situations.	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
<b>Badminton</b>	Pupils will develop the skills necessary to outwit opponents.  Pupils will understand how to outwit opponents using strategies and tactics during game play.	Pupils will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand & backhand), drop shots & smashes will be developed through game play and conditional situations.	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
<b>Rugby</b>	Pupils will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking.  Pupils will develop the skills necessary to outwit opponents	Passing, receiving, tackling and beating an opponent will be developed through small sided games and conditional situations	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
<b>Cricket</b>	Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome.  Pupils will further develop the skills necessary to outwit opponents	Advanced skills in batting, bowling and fielding will be developed through games and conditional situations.	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
<b>Athletics</b>	Pupils to continue to improve their own personal performance.  Pupils will develop advanced skills necessary to compete and achieve in all athletic events	To gain further experience at jumping events, aiming for height/distance. Throwing events, aiming for distance. Running disciplines, time taken to cover distance. In all events, demonstration of accurate technique and related performances will be assessed	All pupils will be assessed and awarded a level for their ability to perform at a maximum level in the events (comparing data to peers and Aviva Awards) Pupils will be able to self and peer assess throughout the unit of work to aid development.	

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<b>Outdoor and Adventurous Activities (OAA)</b>	Pupils will further develop the skills necessary to compete and achieve in a number of outdoor and adventurous events	To build on experience at a range of activities demonstrating continued leadership skills.  In all tasks, demonstration of accurate technique, inter-personal skills and related performances will be assessed.	All pupils will be assessed and awarded a level based upon the skills they demonstrate (including teamwork, communication skills and leadership)	
<b>Cycling</b>	All pupils will learn road & bike safety and learn how to be proficient on a bike. Pupils will improve CV fitness.	Participate in a number of bike riding activities both on & off site.  Demonstrate safe and correct use of bikes and equipment.	All pupils will be assessed and awarded a level based upon the skills and fitness they demonstrate.	
<b>Tennis</b>	Pupils will learn to use the principles of play when selecting and applying tactics for to produce a successful outcome.  Pupils will further develop advance skills necessary to outwit opponents	Forehand, backhand, serve, volley, short and deep shots will be developed through games and conditional situations.	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
<b>Softball</b>	Pupils will learn to use principles of play when selecting and applying tactics to produce a successful outcome.  Pupils will continue to develop the skills necessary to outwit opponents	Batting, bowling and fielding will be further developed through games and conditional situations.	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
<b>Basketball</b>	Pupils will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking.	Passing, Receiving, outwitting defenders, Dribbling, and shooting will be developed through small sided games and conditional situations	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	

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<b>Hockey</b>	All pupils will be expected to perform with consistency the different passes & skills involved in Hockey, they will also be able to demonstrate basic umpiring knowledge & show a good understanding of the rules & positions within a game.	Demonstrate their umpiring knowledge through umpiring a small sided game showing a good knowledge of the rules and show and understanding of positions within a game situation	All pupils will be assessed on their knowledge of the rules & positions within a game & will be assessed on their ability to umpire a small sided game.	
<b>Trampolining</b>	All pupils will be expected to perform the basic shapes of trampolining & show an understanding of the health & safety requirements of this sport.	Demonstrate the basic jump shapes and link these into a routine.	All pupils will be assessed and awarded a level on their demonstration of their 10 bounce routine.	
<b>Netball</b>	All pupils will be expected to perform with consistency the different passes & skills involved in Netball, they will also be able to demonstrate basic umpiring knowledge & show a good understanding of the rules & positions within a game.	Demonstrate their understanding of the rules through umpiring a Netball game. Participate in a game taking on different positions.	All pupils will be assessed on their knowledge of the rules & positions within a game & will be assessed on their ability to umpire a game of Netball.	
<b>Rounders</b>	All pupils will continue to develop their striking & fielding techniques & skills & will show a good understanding of the rules & tactics involved in the game of Rounders.	Practicing the different positions involved in Rounders & working on team tactics.	All pupils will be assessed & awarded a level for their ability to perform set skills and apply these within a game situation, they will also be assessed on their ability to umpire & keep score.	
<b>Badminton</b>	All pupils will be expected to perform with consistency a range of shots and continue to develop their knowledge of rules & tactics for both singles & doubles games.	Demonstrate the pre-learnt shots within a game situation.	All pupils will be assessed & awarded a level for their ability to perform the set skills within a game situation and will also be assessed on their ability to umpire a singles & doubles game.	

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<b>Tennis</b>	All pupils will be expected to perform with consistency a range of shots and continue to develop their knowledge of rules & tactics for both singles & doubles.	Demonstrate the pre-learnt shots within a game situation.		All pupils will be assessed & awarded a level for their ability to perform the set skills within a game situation and will also be assessed on their ability to umpire a singles & doubles game.
<b>Volleyball</b>	All pupils will be expected to develop basic touches and know when to use these within a game situation.  Pupils will also be expected to develop their knowledge and understanding of the rules and scoring system within a game situation.	Demonstrate the ability to umpire small games and apply basic rules.		All pupils will be assessed & awarded a level for their ability to perform the set skills within a game situation and will also be assessed on their ability to umpire a game.
<b>Athletics</b>	All pupils will develop their track and field activities to improve consistency and accuracy within their techniques.  They will have an understanding of the health and safety requirements of these events.	Participate in events such as:  Field= javelin,shot put,disco,high jump,long jump,triple jump,  Track=100m,200m,400m,800m1500m, hurdles,relays.		All pupils will be awarded a level for their ability based on their performance in these events.
<b>HRF</b>	Pupils will be able to develop an exercise programme to improve their fitness level.	Developing and devising sessions in the fitness suite to improve their specific fitness targets.		All pupils will be assessed on their ability to produce and perform their own fitness sessions.