Falconer School

Curriculum Intent:

We are committed to providing a personalised curriculum which allows students to grow in confidence, build resilience and realise their full potential; equipping them with the skills and knowledge needed for future success.

Course Information			
Year: 9		**Subject: P.E**	
Subject	P.E	**Subject Lead contact information**	Jfisher@falconer.herts.sch.uk
Exam Board		**Specification code**	

Subject Content:

We provide pupils the chance to engage in a wide range of sports and physical activities which will inspire them to lead healthy, active lives after they leave Falconer School. In addition through curricular and extra-curricular activities, pupils are developing their social, communication and independence skills, resulting in them being confident, resilient and independent young people who are prepared for adulthood.

Differentiation:

Differentiation is the way the teacher adapts the classroom materials to provide the right kind of challenge to each student. This allows all students to access the same piece of work, at their own level. Some examples of differentiation used in P.E are:

- Ability grouping
- Cooperative Learning Groups
- Rules and conditions in games to support the learner
- Strategic placement of T.A
- Modify the equipment
- More or less time for task
- Chunking lesson
- Focused on skills games of competition
- Linking lessons to students interests
- Real life situation
- Giving responsibility to students E.G leaders, referees and captains.

Autumn 1	**<u>Football</u>** The aim for year 9 football term is to get the students involved with team sport, a focus on building relationships with peers, in an encouraging positive atmosphere. The skills that the student will be taught Use of side footed passing, Control the ball, Shoot with side foot, Lift head up before passing, Movement off the ball, Shoot with lases, Placing shots into the corners, Crossing the ball, Defensive 1V1, Attacking 1V1. Students will learn these through conditioned/skill games and skill sections. **<u>Key vocabulary:</u>** Offside, concede, midfield, defender, goalkeeper, strikers, wingers, possession, counter attack.
Autumn 2	**<u>Health and fitness/Table tennis</u>** Students will be taught the rules within the gym and how to use the equipment safely. This term is based around students understanding the importance of a healthy lifestyle. The skills taught in the term, Body weight exercises, Resistant band exercises, Cardiovascular equipment. The students will be given gym programs based around progressive overload. They will also be participating in key fitness test bleep tests, Illinois agility test, 12 minute coppers, 30m sprint.

	The student will also be taught nutrition and the impact on performance and lifestyle that nutrition has in sport. **Key vocabulary:** Cardiorespiratory system, muscular endurance, flexibility, speed, muscular strength, body composition, coordination, power, progressive overload, programme.
Spring 1	**Rugby** Students will be taught the laws of rugby alongside the values the sport offers E.G no speaking back to the referee, shaking hands and applauding team mates after sessions. The skills taught in this term will be, Push, pop and spin pass, Kick and catch, Pass and catch on the move, Defensive 1V1, Attacking 1V1, Shifting the ball between hands, Learn to tackle with correct form used as a positive use of aggression. Students will learn these through conditioned/skill games. **Key Vocabulary:** Blindside, Touch, Offside, back foot, drop kick, connection, lineout, maul, turnover, scrum, tackle, rucking, dummy pass, conversion.
Spring 2	**Basketball** The basketball term will be focussed on improving fitness, hand eye coordination and movement into space. The skills students will be taught is Push pass, Bounce pass, Overhead pass, Shooting – three point shooting, Dribbling, Layup, Movement off the ball, Passing on the move, Defending. Students will learn these through conditioned/skill games. **Key Vocabulary** Offence, defence, zone, man to man Travel, double dribble, Rebound, fast break. Transition, Jump shot, Shot clock.
Summer 1	**Tennis/Hockey** Students on single lessons will be taught Tennis with the smaller group sizes and Hockey with the full year group. This is a term that we will be focussing on improving hand eye coordination. Hockey skills will be taught; • Passing – ground pass, flick passing • Penalty flick • Reverse control, normal control • Shooting – ground shots • Jab tackling Tennis skills taught; • Back hand • forehand • serve • top spin • drop shot • slice • Controlling the game.

	Key Vocabulary tennis Love, Deuce, Advantage, serve, volley, ace, let, forehand, backhand, baseline. **Key Vocabulary Hockey** Assist, boarding, goaltender, hat trick, checking, crease, icing, power play and red line.
Summer 2	**Cricket** Students will be taught the cricket rules and the different positional roles e.g bowler, batter, wicket keeper, fielder. The skills taught in this term, Batting techniques – Blocking, cut shot, drive and slog, Run up bowling with spin and pace, Blocking/catching tennis balls, Precision shooting. **Key Vocabulary** All-rounder, bails, batting average, boundary, bowl, bowled, bye, catch.

Assessment Details

Students will be assessed at the end of each sport. Students will be put into two teams and play a match. I will assess the students on the criteria listed above.

What can I do to support my child at home?

Students to join outside clubs in a range of sports, this will help bring a higher level of skill to sessions and will build on the current sessions of P.E. this would help build sportsmanship and learning how to be in a team. Students can also practice techniques taught in P.E lessons at home or in a park to progress further, this will help if they choose P.E as a subject.

Recommended resources
YouTube, watching sporting events, RFU website, Olympics Website.

Teaching Staff Contact Details			
Name	**Role**	**Email**	**Tel**
Jeffrey Fisher	P.E teacher	Jfisher@falconer.herts.sch.uk	020 8950 2505