

Meden School Curriculum Planning

Subject	CORE PE	Year Group	9	Sequence No.	N/A	Topic	Invasion games
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Retrieval	Core Knowledge	Student Thinking
What do teachers need to retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?	What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'
<p>For invasion games, students will have their own knowledge of the sports they regularly participate within outside of school or from primary school. In Year 8, students will be expected to retrieve the core knowledge taught in Year 7 (see MTP for invasion games)</p> <p>Football</p> <ul style="list-style-type: none"> - Handball - Free kicks - Penalties - Pitch boundaries - Throw ins - Positions (GK, midfield, defence, attack) 	<p>Within Year 8, students are introduced to the skills and key techniques needed within all invasion games.</p> <p>Football</p> <p>Ball Control</p> <ul style="list-style-type: none"> ○ Use the instep of your foot as it's the biggest surface area ○ Get behind the ball ○ Keep your eyes on the ball ○ Your first touch should see the ball within a meter of your body <p>Shooting</p> <ul style="list-style-type: none"> ○ Make contact with either your laces for power or instep/outside of boot for accuracy ○ Head over the ball to keep the ball down ○ Aim for the corners <p>Passing (this may vary between short and long passes depending on the speed of the attack)</p> <ul style="list-style-type: none"> ○ Strike the ball with your instep ○ Place your non-striking foot to the side of the ball ○ Swing the leg to make contact with the ball and ensure your follow through movement follows the direction you want the ball to follow <p>Marking</p> <ul style="list-style-type: none"> ○ Stay as close as possible to the player without making unwanted contact and conceding a foul 	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular sport the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking within the sport, recognise the inequalities within the sport (linked to the topic) and do something about them. A large number of the key themes will come from the CNAT Sport and GCSE PE specification to prepare KS3 students for the option they can take within PE at KS4.</p> <ol style="list-style-type: none"> 1. Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? 2. Barriers to Participation for Children and Teenagers 3. Solutions to the Barriers 4. Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health 5. Physical Benefits of Sport and PE on the Body 6. Social Benefits of Sport and PE on the Body 7. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 8. Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports?

<p>Rugby</p> <ul style="list-style-type: none"> - Pitch boundaries - Pass back rule - Tackling rule - How to score - Knock on 	<ul style="list-style-type: none"> ○ Once the ball is about to be played towards the player you are marking- try to anticipate the movement of the player and get to the ball before they do <p>Rugby</p> <p>Catching</p> <ul style="list-style-type: none"> ○ Make a W shape with your hands ○ Keep your hands up at chest height ○ Watch the ball into your hands <p>Passing</p> <ul style="list-style-type: none"> ○ Always pass the ball with two hands and swing your hands in the direction that you want the ball to travel ○ The pass must be either in line with the passes or go backwards. ○ Aim to pass between the waist and shoulder of the person receiving the ball ○ The follow through should see your hand facing the direction you want to ball to go into <p>Tackling</p> <ul style="list-style-type: none"> ○ Aim to ensure that you head is out of the way of the oppositions body- so aim to the side of their body (try and get your face cheek near their bum cheek) ○ Use the shoulder as the main point of contact with the oppositions body ○ Use both arms to grab the opposition player at the same time as making contact with the shoulder and grab hold of the player as tight as possible and keep in contact ○ Aim the make contact with the legs of the player and keep hold of them to eventually take the player down to the floor and complete a successful tackle. 	<ol style="list-style-type: none"> 9. Emerging/Growing Sports in the UK – which sports are new to the UK? How can we make them more popular? 10. National Governing Bodies – What is their role within a sport? What are the key NGB’s for each sport? 11. Major Sporting Events – What are they? When and where do they occur? 12. Olympic Creed and Olympic Values 13. Current Issues in Sport/Sport in the News – Linked to new sports, growing sports or a major sporting event occurring 14. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 15. Sporting Values – Excellence – Linked to Role Models and demonstrating excellence within a sport 16. Sporting Values - Tolerance and Respect 17. Sporting Values – Fair play 18. Sporting Values – Teamwork and Inclusion 19. Sporting Values - Citizenship 20. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 21. Performance Enhancing Drugs – What are they and why are they taken? 22. Gamesmanship and Deviance 23. Sportsmanship and Success of Teams 24. Current Issues in Sport/ Sport in the News – linked to examples of athletes demonstrating sportsmanship, gamesmanship or taking performance enhancing drugs 25. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 26. Money in Sport – Wage disparity between certain sports and genders. Amateur vs professional sport
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<p>Netball</p> <ul style="list-style-type: none"> - Footwork - Obstruction - 3 seconds - Contact - Replaying - Centre - Over a third - Positions (Shooting, centre court, defence) - Applying the rules to game situations 	<p>Netball</p> <p><u>Catching</u></p> <ul style="list-style-type: none"> ○ Make a W shape with your hands ○ Keep your hands up at chest height ○ Watch the ball into your hands <p><u>Passing (chest/shoulder/bounce)</u></p> <ul style="list-style-type: none"> ○ Step forward with your standing foot from a comfortable stance (standing foot is the foot that is opposite to your dominant hand). You will step in the direction of the person you are trying to pass the ball too. ○ Where possible, pass the ball from 2 hands as this will be most effective for proving power and accuracy ○ Assess the situation (opposition positions, your own position on the court, distance the ball needs to travel)- and choose which style of pass will be most effective ○ Aim any passes in front of the receiving player so they can move onto the ball in the most effective way possible. ○ The ball should be waist-shoulder height to receive <p><u>Shooting</u></p> <ul style="list-style-type: none"> ○ Look in the direction of the goal post and twist body at the hips accordingly to face to goal/target ○ Use strongest hand where possible to hold the ball in one hand to take the shot. ○ Use your weaker hand as a guide, so hold the weaker arm up at 45 degrees and point towards the goal post/net ○ Move towards the post once the shot has been taken, to collect the ball, incase the shot is missed. This will give you another shooting opportunity. <p><u>Defending</u></p> <p><u>Marking (a player with the ball)</u></p>	<p>27. Technology in Sport – How has it advanced? Advantages and Disadvantages</p> <p>28. Gender in Sport – challenging stereotypes in sports as the player, official or manager</p> <p>29. Paralympics and Disabled Sport – examples of sports and accessibility</p> <p>30. Race and Equality in Sport – examples of campaigns within sports – Kick it out campaign and RESPECT</p> <p>31. LGBTQ - Pride Sport – their role in challenging LGBTQ phobia in sport</p> <p>32. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE</p> <p>33. Diet and Nutrition</p> <p>34. Skeletal and Muscular System</p> <p>35. Cardiovascular System</p> <p>36. Respiratory System</p> <p>37. Assessing Risk in Sport</p> <p>38. Sporting Injuries</p> <p>39. Current Issues in Sport/ Sporting News – linked to injuries, new science, diet, nutrition etc</p> <p>40. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE</p>
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<p>Hockey</p> <ul style="list-style-type: none"> - Scoring - Contact - Obstruction - 3rd party obstruction - Advancing - Back stick - Over a third - Hockey stick interference - Undercutting - Sticks 	<ul style="list-style-type: none"> ○ Always be looking at the player with the ball so you get try and get what they will do with the ball ○ Ensure that you have your hands in the air to create an obstacle that they will need to pass the ball around. This will give you an opportunity to intercept the ball too. ○ Follow the contact rules and ensure you remain 1m away from the player with the ball and do not make contact with them ○ Shadow their movements with your hands to have the chance of intercepting the ball and stopping them having an easy pass. <p><u>Marking (a player without the ball)</u></p> <ul style="list-style-type: none"> ○ Always be looking in the direction of the ball so that you know whereabouts the ball is on the pitch at all times ○ Keep looking towards your direct opposition- so that you also know their positioning on the court ○ Stand sideways on to the opposition player when they don't have the ball, so you can clearly see the ball and any of their potential movements. ○ Be on your toes and alert to try and get the ball before the player you marking before they can <p><u>Hockey</u></p> <p><u>Control</u></p> <ul style="list-style-type: none"> ○ Move your stick down so it is horizontal to the ground ○ Stop the ball dead so you can play from the spot you are in <p><u>Shooting</u></p> <ul style="list-style-type: none"> ○ Look in the direction of the goal from wherever you are starting on the pitch. ○ Swing the stick forwards to make contact with the ball ○ The stick should stay in contact with the ground <p><u>Dribbling</u></p> <ul style="list-style-type: none"> ○ Always have 2 handed on the stick for control purposes and safety. 	
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<ul style="list-style-type: none"> - Positions (GK, attack, centre/wing play, defence) - Applying the rules to game situations <p>Handball</p> <ul style="list-style-type: none"> - Free throws - Penalties - Corners - Attacking - Defending - Positions (GK, wingers, backs, pivot, centre back) - Applying the rules to game situations 	<ul style="list-style-type: none"> o Keep the ball in front of the body so that it is away from your feet. Try and have the ball to the side of your dominant hand (so on the right hand side if you are right handed) o Keep the ball as close to the stick as possible. This will limit the defenders chances to tackle/intercept the ball o Dribble into space at pace to avoid being tackled by the opposition. <p>Handball</p> <p>Catching</p> <ul style="list-style-type: none"> o Make a W shape with your hands o Keep your hands up at chest height o Watch the ball into your hands <p>Dribbling</p> <ul style="list-style-type: none"> o Touch the ball with your fingertips not palm o Keep the ball in front and to the side of your body o Keep your head up and look for team mates, space and opposition players <p>Shooting</p> <ul style="list-style-type: none"> o Raise the throwing arm backwards, the ball should be above your head and elbow above your shoulder o Aim for the corners of the net <p>Standing shot</p> <ul style="list-style-type: none"> o Follow the first three steps rules from Y7 o Look for any open space within the opponents defensive line o throw forward the throwing arm- in the direction of the net/where you want the ball to go and release ball <p>Jumping shot</p> <ul style="list-style-type: none"> o Get to the edge of the box o Jump into the box as you are about to release o Release before landing 	
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<p>Basketball</p>	<p><u>Blocking</u></p> <ul style="list-style-type: none"> ○ Always be looking in the direction of the ball so you have awareness of what may happen ○ Stand directly in front of an opponent, especially if they have the ball. ○ Use your arms and legs to create the widest body position possible to try and block the net/target for an opposition attacker. This will limit their chance to score a goal. ○ If you are successful at blocking the ball- try and grab the ball yourself as quick as possible- so that your team has possession of the ball. <p><u>Basketball</u></p> <p><u>Catching</u></p> <ul style="list-style-type: none"> ○ Make a W shape with your hands ○ Keep your hands up at chest height ○ Watch the ball into your hands <p><u>Dribbling</u></p> <ul style="list-style-type: none"> ○ Touch the ball with your fingertips not palm ○ Keep the ball in front and to the side of your body ○ Keep your head up and look for team mates, space and opposition players <p><u>Shooting</u></p> <ul style="list-style-type: none"> ○ Look in the direction of the net/backboard and twist body at the hips accordingly to face the net/target ○ Aim to shoot using both hands. This will provide you with the opportunity to be accurate. Your dominant hand will provide power and the weaker hand will support with shot accuracy ○ Aim directly into the net or using a backboard to complete the shot. ○ Move towards the net/backboard once the shot has been taken, to collect the ball, incase the shot is missed. This will give you another shooting opportunity. <p><u>Passing (chest/shoulder/bounce)</u></p>	
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<ul style="list-style-type: none"> - Basketball isn't currently on the Y7 curriculum- so knowledge of any rules will come from what was taught during KS2 - We would expect students to know some basic information though. Such as; - Shooting - Passing - Defending - Applying the rules to game situations 	<ul style="list-style-type: none"> o Step forward with your standing foot from a comfortable stance (standing foot is the foot that is opposite to your dominant hand). You will step in the direction of the person you are trying to pass the ball too. o Where possible, pass the ball from 2 hands as this will be most effective for proving power and accuracy o Assess the situation (opposition positions, your own position on the court, distance the ball needs to travel)- and choose which style of pass will be most effective o Aim any passes in front of the receiving player so they can move onto the ball in the most effective way possible. o The ball should be waist-shoulder height to receive 	
<p>Tchoukball</p> <ul style="list-style-type: none"> - 3 steps - 3 shots - 3 seconds - Point scoring - The area - No intercepting 	<p><u>Tchoukball</u> <u>Passing/Catching/Shooting/Marking</u></p> <ul style="list-style-type: none"> o All of these can be transferable skills from netball/basketball/handball <p><u>Stopping a point (defending)</u></p> <ul style="list-style-type: none"> o Students to stand around the area not blocking the shot o Be on the balls of your feet to ensure you can move into position o Catch the ball before it lands 	
<p>Ultimate Frisbee</p> <ul style="list-style-type: none"> - No movement - How to score - No contact 	<p><u>Ultimate Frisbee</u> <u>Passing</u></p> <ul style="list-style-type: none"> o Grip the frisbee with all 4 fingers on the inside and thumb on the outside o Flick the wrist, keeping the shoulder still o Follow through where you want to pass the ball <p><u>Catching</u></p> <ul style="list-style-type: none"> o Use 2 hands, one above the other and aim to catch the ball using a clapping technique 	

	<ul style="list-style-type: none">○ Alternatively, they can grip the ball with one hand using the thumb at the bottom and the 4 fingers above the thumb, about an inch up	
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