

Meden School Curriculum Planning

Subject	CORE PE	Year Group	9	Sequence No.	N/A	Topic	Athletics
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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 Athletics, students will have their own knowledge of the events they regularly participate within outside of school or from Year 7 and Year 8 Athletics lessons.</p> <p>Athletics</p> <ul style="list-style-type: none"> - Running Events – Students should know the rules, regulations and technique for each of the running events. They should apply the rules and techniques within a competitive situation. - Jumping Events – Students should know the rules, regulations and technique for each of the jumping events. They should apply the rules and techniques within a competitive situation. - Throwing Events – Students should know the rules, regulations and technique for each of the throwing events. They should apply the rules and techniques within a competitive situation. - Knowledge of their local Athletics clubs (Mansfield Harriers and Sutton Athletics Club) 	<p>Within Year 9, students are taught key tactics and adaptations to their technique to be more successful within each Athletics event. The aim is for students to improve their time or distance within both track and field events.</p> <p>Athletics</p> <p>Running Events</p> <p><u>100m/200m</u></p> <ul style="list-style-type: none"> - Sprint Technique - How can a sprinter amend their sprinting technique to ensure they complete the race as fast as they can? The aim will be for students to analyse their sprint technique and choose one area that they feel could be improved. This can be their head carriage, arm action, leg action or body position. They will try to see if improving their technique allows them to complete the race faster than previous attempts - Finish – How can a sprinter ensure they are first to cross the finish line even when another opponent is close by? The aim will be for students to apply a duck over the line with their head and practice this at the end of each race. This will enable them to cross the line first if there was a photo finish between them and another sprinter <p><u>800m/1500m</u></p> <ul style="list-style-type: none"> - Start – How can a middle-distance runner ensure they get a good start and position within the race to allow them to be 	<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?

<ul style="list-style-type: none"> - Knowledge of role models within the sport from the Olympics – Usain Bolt, Mo Farah, Jessica Ennis - Knowledge of personal best scores and Olympic records within each event and what they should be aiming for at their age 	<p>successful? The aim will be for students to practice moving into the inside lane after 100m to ensure they get a good position in the race</p> <ul style="list-style-type: none"> - Pacing – How can a middle-distance runner apply the strategies of positive splits (800m) and negative splits (1500m) to complete the race as quickly as they can without running out of energy? The aim will be for students to apply the two strategies to either complete the first lap quicker than the second in the 800m or complete each lap quicker as the 1500m progresses <p>Relay</p> <ul style="list-style-type: none"> - Team Positioning – How can a relay team alter their position within the relay to ensure they are successful? The aim will be for students to try out different orders of runners to see which works the best. They will try to find the quickest runners and put them at the start and finish alongside finding out who is best running around the bends compared to the straights - Upsweep/Downsweep – How can a relay team consistently apply either the up or downsweep successfully to speed up the baton changeovers? The aim will be for the relay team to decide on whether to use the up or down sweep technique to ensure their changeovers are as quick as possible. With either technique, they should ensure each runner hands the baton over with alternating hands to make it smoother and more accurate <p>Jumping Events</p> <p>Long Jump</p> <ul style="list-style-type: none"> - Approach – How can a jumper alter their run up to ensure they generate more power and height? The aim will be for students to practice their run up to the long jump where they will try to lengthen their final stride. By lowering their hips down on the final stride, it will enable them to generate more power in their take off on the board 	<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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- **Landing** – How can a jumper ensure their measurement of their jump is as accurate as possible? The aim will be for students to try to keep their body as stretched as possible for the landing to avoid over rotating and sitting into the sand or putting their hands down. This will enable them to fall forward if needed and have a measurement that is their furthest jump position

High Jump

- **Approach** - How can a jumper alter their run up to ensure they generate more power and height? The aim will be for students to practice their run up to the high jump so they take 3-4 normal steps at the start to accelerate, then 1-2 bounds in the middle before 3-4 fast normal steps for the take off
- **Take Off** – How can a jumper alter their arm position on the take off to generate momentum over the bar without hitting it? The aim will be for students to practice the final approach to the bar with their arm position slightly out wide of their body. Then as they come to take off, they must bring their arms into their sides so they are in a narrow position as they go over the bar

Throwing Events

Javelin

- **Preparation – Approach** - How can a thrower apply a 3-stride approach to the Javelin throw to maximize the distance it is thrown? The aim will be for students to practice the 3-stride approach to the Javelin throw so they can apply more power into their throw. This will be taught step by step from the standing throw
- **Pull Throw (Angle of Release)** – How can a thrower ensure the angle of release is accurate for the most effective flight path? The aim will be for students to analyse their technique to

- 27. Technology in Sport** – How has it advanced? Advantages and Disadvantages
- 28. Gender in Sport** – challenging stereotypes in sports as the player, official or manager
- 29. Paralympics and Disabled Sport** – examples of sports and accessibility
- 30. Race and Equality in Sport** – examples of campaigns within sports – Kick it out campaign and RESPECT
- 31. LGBTQ - Pride Sport** – their role in challenging LGBTQ phobia in sport
- 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
- 33. Diet and Nutrition**
- 34. Skeletal and Muscular System**
- 35. Cardiovascular System**
- 36. Respiratory System**
- 37. Assessing Risk in Sport**
- 38. Sporting Injuries**
- 39. Current Issues in Sport/ Sporting News** – linked to injuries, new science, diet, nutrition etc
- 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

ensure the javelin is being released at the correct angle with low to high motion

Shot Putt

- **Preparation - Approach** - How can a thrower apply the gliding approach to the shot putt throw to maximize the distance it is thrown? The aim will be for students to practice the gliding approach to the shot putt throw so they can apply more power into their throw. This will be taught step by step from the standing throw
- **Push Throw (Angle of Release)** - How can a thrower ensure the angle of release is accurate for the most effective flight path? The aim will be for students to analyse their technique to ensure the shot is being released at the correct angle with low to high motion