

Year 9 PE Learning Outcomes

Unit 1/2/3: Netball

Students will:

1. Develop possession and attack as a team

Emerging: Take part in competitive games, replicating a number of core skills with some consistency and effectiveness. Speed of movement in the team is developing.

Developing: Consistently use a range of core skills in competitive game situations, showing more precision when time and space is given. Will support others in the team to build an attack when an interception is made.

Mastery: Demonstrate a wide range of more advanced core skills, applying them efficiently and effectively in games. This application is done with speed and precision. Form game plans in a range of situations, making a significant contribution to team's effectiveness. Identifies space for themselves and others and uses this to advance the team.

2. Replication of advanced skills (Passing variations, Shooting techniques, dodging skills.)

Emerging: Use simple techniques in situations with limited pressure and will attempt passing and shooting variations.

Developing: Pass using more advanced variations in distance, height and depth. Accurate replication of core fundamental skills consistently even under pressure and is beginning to become influential in a game.

Mastery: Identify the type of core skills needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and makes a significant impact on the games played. Rarely makes mistakes when performing skills.

3. Understanding set plays, ways to create scoring opportunities and implementation of rules

Emerging: Show knowledge of a set play and recognise why these are used. Play a limited role in the execution of such movements. Recognise basic rules during conditioned games

Developing: Understand how a set play can be set up and will play a role in the movement of the ball into the semi-circle for a shooting opportunity. Understand the rules surrounding the game and highlights violations of others.

Mastery: Help to create suitable set plays for different areas of the court. Make speedy decisions when facing an opposition and can use a range of core skills effectively to present goal scoring opportunities. Understands rules fully and make others aware of them too.

4. Developing Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Can critically evaluate a plan to attack and adapted this idea to suit the needs of individuals.

Mastery: Show a deeper understanding of tactics and reflect on the effectiveness of these after execution. Identify the aspects of a good team performance, recognise weaknesses and suggest how this could be improved.

Unit 1/2/3: Hockey

Students will:

1. Possession and attack development

Emerging: Play the games, replicating a sound range of specific techniques consistently and effectively with reasonable speed and precision.

Developing: Consistently use a range of specific techniques in competitive games played, showing more precision when they have time and space and can play a supporting role for others.

Mastery: Identifies space for themselves and others and uses this to advance the team. Forms game plans in a range of situations, making a significant contribution to team's effectiveness.

2. Replication of advanced skills (Passing variations, Shooting with varied angles and height)

Emerging: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.

Developing: Pass using complex variations in distance and angles. Accurately replicates core fundamental skills consistently even under pressure and is beginning to become influential.

Mastery: Identify the type of core skills needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and makes a significant impact on the games played.

3. Understanding of set plays and ways to create scoring opportunities

Emerging: Show knowledge of a set play and recognise why these are used. Play a limited role in the execution of such movements.

Developing: Understand how a set play can be set up and will play a role in the movement of the ball to a shooting opportunity.

Mastery: Help to create suitable set plays from different areas. Make speedy decisions when facing an opposition and can use a range of core skills effectively to present goal scoring opportunities.

4. Developing Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Can critically evaluate a plan to attack and adapted this idea to suit the needs of individuals.

Mastery: Show a deeper understanding of tactics and reflect on the effectiveness of these after execution. Identify the aspects of a good team performance, recognise weaknesses and suggest how this could be improved.

Unit 1/2/3: Badminton

Students will:

1. Develop tactical use of clear and drop shot to beat opposition

Emerging: Take part in competitive games, replicating a number of core skills with some effectiveness. Usually reacts to the shuttle once hit by opposition and can struggle to execute clear and drop shot combinations.

Developing: Consistently sound shot selection within game situations. Is influential in the game and successfully outwits opponents. Is in control of rallies and dictates play.

Mastery: Demonstrate a wide range of more advanced core skills, applying them efficiently and effectively in games. This application is done with speed and precision. Forms game plans in a range of situations using short and longer shots.

2. Replication of more advanced core skills (backhand flick/clear, serve variations & disguised drop shot)

Emerging: Use simple techniques in situations with limited pressure and will attempt more advanced variations. Preparation for these shots can lack fluency which can make it difficult to maintain a rally.

Developing: Attempt more advanced core skill variations showing control and an understanding of angles. Accurately replicates core skills consistently even under pressure and is beginning to become influential in a game.

Mastery: Use more advanced variations of these skills are attempted and makes a significant impact on the games played. Rarely makes mistakes when performing skills. Control of the shuttle is consistent, and serves are difficult to return.

3. Develop peer and self-assessment

Emerging: Recognises differences between performances and can highlight core skills that are strengths and those that could be improved.

Developing: Can highlights errors of others and will play an unofficial role of coach during practices. Can analyse their own play using sound technical knowledge and plans ways to improve individual performance.

Mastery: Show a very good understanding of the self-assessment process and make sound judgments of others' performances.

4. Developing Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion. Often notices errors after rally is completed and adjusts accordingly.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Can critically evaluate a plan to attack and adapted this idea to suit the needs of individuals.

Mastery: Show a deeper understanding of tactics and reflect on the effectiveness of these after execution. Can analyse their own opponent's play using sound technical knowledge, and plan ways to improve team and individual performance.

Unit 4/5/6: Swimming

1 Water confidence

Emerging: They can demonstrate confidence either on the surface or under water

Developing: They can show confidence both on the surface and under water

Mastery: Effectively demonstrate a reach rescue and a tow.

2 Performance

Emerging: They can identify strengths and weaknesses in performance using a range of information

Developing: They can explain what action needs to be taken to improve performance and take responsibility to carry it out

Mastery: identify specific training that should improve their individual fitness.

3 Skill refinement

Emerging: Can demonstrate a consistent front crawl leg action and link basic turns.

Developing: They can transfer the skills learnt and demonstrate either Breast stroke or Back stroke. The arm actions are developing efficiency and are linking with the appropriate leg action.

Mastery: Can demonstrate the appropriate entry for the selected stroke and return to the surface correctly using the correct arm/leg action.

4 Application

Emerging: They can use combinations of skills and techniques that suit the needs of the task

Developing: They can select suitable approaches for themselves, varying them when working with others and as conditions change

Mastery: describe how their bodies respond to different swimming tasks using information about their heart and breathing rates

Unit 4/5/6: Football

Students will:

1. Possession and attack development

Emerging: Play the games, replicating a sound range of specific techniques consistently and effectively with reasonable speed and precision.

Developing: Consistently use a range of specific techniques in competitive games played, showing more precision when they have time and space and can play a supporting role for others.

Mastery: Demonstrate a wide range of more advanced core skills, applying them efficiently and effectively in games played with speed and precision. Forms game plans in a range of situations, making a significant contribution to team's effectiveness. Identifies space for themselves and others and uses this to advance the team.

2. Replication of advanced skills (Passing variations, Shooting with curl)

Emerging: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.

Developing: Pass using complex variations in distance, height and curl. Accurately replicates core fundamental skills consistently even under pressure and is beginning to become influential.

Mastery: Identify the type of core skills needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and makes a significant impact on the games played.

3. Understanding of set plays and ways to create scoring opportunities

Emerging: Show knowledge of a set play and recognise why these are used. Play a limited role in the execution of such movements.

Developing: Understand how a set play can be set up and will play a role in the movement of the ball to a shooting opportunity.

Mastery: Help to create suitable set plays from different areas. Make speedy decisions when facing an opposition and can use a range of core skills effectively to present goal scoring opportunities.

4. Developing Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Can critically evaluate a plan to attack and adapted this idea to suit the needs of individuals.

Mastery: Show a deeper understanding of tactics and reflect on the effectiveness of these after execution. Identify the aspects of a good team performance, recognise weaknesses and suggest how this could be improved.

Unit 4/5/6: Handball

1. Possession and attack development

Emerging: Play the games, replicating a sound range of specific techniques consistently and effectively with reasonable speed and precision.

Developing: Consistently use a range of specific techniques in competitive games played, showing more precision when they have time and space and can play a supporting role for others.

Mastery: Demonstrate a wide range of more advanced core skills, applying them efficiently and effectively in games played with speed and precision. Forms game plans in a range of situations, making a significant contribution to team's effectiveness. Identifies space for themselves and others and uses this to advance the team.

2. Replication of advanced skills (Passing variations, Shooting with variety)

Emerging: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.

Developing: Pass using complex variations in distance, height and bounce. Accurately replicates core fundamental skills consistently even under pressure and is beginning to become influential.

Mastery: Identify the type of core skills needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and makes a significant impact on the games played.

3. Understanding of set plays and ways to create scoring opportunities

Emerging: Show knowledge of a set play and recognise why these are used. Play a limited role in the execution of such movements.

Developing: Understand how a set play can be set up and will play a role in the movement of the ball to a shooting opportunity.

Mastery: Help to create suitable set plays from different areas. Make speedy decisions when facing an opposition and can use a range of core skills effectively to present goal scoring opportunities.

4. Developing Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Can critically evaluate a plan to attack and adapted this idea to suit the needs of individuals.

Mastery: Show a deeper understanding of tactics and reflect on the effectiveness of these after execution. Identify the aspects of a good team performance, recognise weaknesses and suggest how this could be improved.

Unit 7/8/9: Striking and Fielding

Students will:

1. Develop tactical play as a batter and bowler.

Emerging: Take part in competitive games, replicating a number of core skills with some effectiveness. Usually reacts late to the ball delivery with the ball often hitting the bat uncontrollably.

Developing: Consistently sound shot selection within game situations. Is influential in the game and successfully outwits opponents. Is in control of ball placement and often claim wickets as a bowler.

Mastery: Has the ability to be an influence within a game and can respond to change effectively. Will outwit opposition with ease as a bowler and batter.

2. Replication of more advanced core skills (Cut & pull/hook shot, Bowling medium pace and spin, general fielding)

Emerging: Use simple techniques in situations with limited pressure and will attempt more advanced variations. Preparation for these shots can lack fluency which can make it difficult to play deliberate shots in intended areas.

Developing: Attempt more advanced core skill variations showing control and an understanding of field positions. Accurately replicates core skills consistently even under pressure and is beginning to become influential in a game.

Mastery: Perform and replicate techniques to a high level showing control, accuracy and timing. Use more advanced variations of these skills are attempted and makes a significant impact on the games played.

3. Develop peer and self-assessment

Emerging: Evaluate performances of self and others using correct terminology. Will state the differences between performances and can highlight core skills that are strengths and those that could be improved.

Developing: Can highlight errors of others and will play an unofficial role of coach during practices. Can analyse their own play using sound technical knowledge and plans ways to improve individual performance.

Mastery: Analyses their own opponent's skills using sound technical knowledge, and plan ways to improve team performance. Show a very good understanding of the self-assessment process and make sound judgments of own performance.

4. Develop Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion. Often notices errors after shots are played and adjusts accordingly.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Can critically evaluate a plan to way to score runs as the over progresses.

Mastery: Show a deeper understanding of tactics and reflect on the effectiveness of these after execution. Can analyse their own opponent's play using sound technical knowledge, and plan ways to improve team and individual performance.

Unit 7/8/9: Net/Wall Tennis

Students will:

1. Develop game tactics based on opposition's strengths/weaknesses.

Emerging: Notice areas of an opposition's game which is strong but is unable to regularly exploit weaknesses due to a need for improved fundamentals. Uses basic tactics in competitive games.

Developing: Speed of shot selection is improving and therefore can apply tactical play during game situations. Will select core skills and apply spin/slice to cause opposition errors.

Mastery: Able to create plans to improve performance based on information about opponents preferred shot selection. Shots are then directed away from these areas and controlled rallies.

2. Replication of advanced skills (Forehand and backhand variations, drop shot, volley, smash)

Emerging: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.

Developing: Use more advanced variations core skills (depth, height and angles). Accurately replicates core fundamental skills consistently even under pressure and is beginning to become influential in a game.

Mastery: Identify the type of core skills needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and makes a significant impact on the games played. Rarely makes mistakes when replicating skills.

3. Further understanding of game rules and effective team work.

Emerging: Understands basic tennis rules for competitive games. Scoring is usually correct. Teamwork is evident but not always successful as a doubles pairing.

Developing: Understand the basic and some more advanced rules surrounding the game (service sides and faults) and highlights rule errors of others. Works well with a doubles partner.

Mastery: Teamwork and cooperation is effective and results in winning rallies. Show a good understanding of doubles game rules and rarely makes errors. Can score a game and explain reasoning for faults.

4. Developing Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion.

Developing: Show creativity in planning ways to outwit opponents and execute the skills needed to complete this. Can critically evaluate a plan to attack and adapted this idea to suit the needs of individuals.

Mastery: Show a deeper understanding of tactics and reflect on the effectiveness of these after execution. Identify the aspects of a good team performance, recognise weaknesses and suggest how this could be improved.

Unit 7/8/9: Athletics

Students will:

1. Replication of athletic techniques & challenging physical limits.

Emerging: Observe and copy basic athletic techniques but will tire easily. Has reasonable success across all athletic disciplines but will find sustained physical activity a challenge.

Developing: Show a good replication of skills across most fitness disciplines and will push body to challenge physical capacity.

Mastery: Can perform and replicate skills to a high level showing clear knowledge of the techniques necessary to complete runs, jumps & throws. Has the ability to refine techniques and strategies to a range of situations. Replication of these core skills are consistent even as a result of fatigue.

2. Development of leadership and communication skills

Emerging: Can lead a partner through basic warm up exercises and simple versions of athletic techniques but can lack confidence and clarity of communication.

Developing: Can motivate and push other to undertake physical activity tasks and is clear on how to complete these.

Mastery: Displays confidence when talking to individuals/small groups and often demonstrates activities for others to follow. Able to create plans to improve performance and create drills to develop athletics skills.

3. Understanding of warm up and heart/lung functioning.

Emerging: Apply basic principles of warm up and cool down, using exercises appropriate for the event. Identifies increases in heart rate but makes no link to fitness levels.

Developing: Explain in simple terms the physical effects of exercise on heart rate, lungs and the cardiovascular system. Can explain how warming up and cooling down help performance and suggests example activities.

Mastery: Shows a clear understanding of why fitness activities are good for healthy active lifestyles. Knowledge of heart rate, respiratory and cardiovascular system is sound and can link exercise and recovery to adaptations that take place.

4. Developing Reflective learners/Creative thinkers/Self managers

Emerging: Recognise a need for strategies and creative thinking and can add to a group discussion.

Developing: Can focus on aspects of their technique to improve and understand ways to perform in an event. Can critically evaluate a plan to attack and adapted this idea to suit the needs of individuals.

Mastery: Can work independently on own training programme and monitor own performance. Evaluates performance and can see how skill, tactics, strategies and fitness affect overall effectiveness.