

Barnsley Academy – (Y9) (Physical Education) Curriculum Overview 2023-24

Autumn Term			Spring Term			Summer Term		
	Class Focus	Extra-curricular opportunities		Class Focus	Extra-curricular opportunities		Class Focus	Extra-curricular opportunities
Week 1	Netball - Passing Football – Passing Badminton - Racket familiarisation and low serve Fitness – Baseline fitness testing	- Boys football - Girls football - Netball - Badminton	Week 1	Group change activity – Activity restarts Netball - Passing Football – Passing Badminton - Racket familiarisation and low serve Fitness – Baseline fitness testing	- Boys football - Girls football - Netball - Badminton	Week 1	Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running	- Rounders - Cricket - Athletics
Week 2	Netball – Footwork Football – Dribbling Badminton - High serve Fitness – Heart rate and target zones	- Boys football - Girls football - Netball - Badminton	Week 2	Netball – Footwork Football – Dribbling Badminton - High serve Fitness – Heart rate and target zones	- Boys football - Girls football - Netball - Badminton	Week 2	Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running	- Rounders - Cricket - Athletics
Week 3	Netball – Dodging and space Football – Defending and tackling Badminton - Overhead and underarm clear Fitness – Aerobic Vs anaerobic endurance	- Boys football - Girls football - Netball - Badminton	Week 3	Netball – Dodging and space Football – Defending and tackling Badminton - Overhead and underarm clear Fitness – Skill and health related COF	- Boys football - Girls football - Netball - Badminton	Week 3	Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running	- Rounders - Cricket - Athletics
Week 4	Netball - Shooting Football – Shooting Badminton - Net and drop shot Fitness – Skill related COF	- Boys football - Girls football - Netball - Badminton	Week 4	Netball - Shooting Football – Shooting Badminton - Net and drop shot Fitness – FITT / SPARRVI	- Boys football - Girls football - Netball - Badminton	Week 4	Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays	- Rounders - Cricket - Athletics

							<ul style="list-style-type: none"> - Shotput - Javelin - Middle distance running 	
Week 5	<p>Netball – Defending and marking</p> <p>Football – Attacking and possession</p> <p>Badminton - Shot sequencing and selection</p> <p>Fitness – Health related COF</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 	Week 5	<p>Netball – Rules and regulations / game play assessment</p> <p>Football – Rules and regulations / game play assessment</p> <p>Badminton - Rules and regulations / game play assessment</p> <p>Fitness – Assessment against baseline results</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 	Week 5	<p>Athletics – Classes to rotate round dependent on space / equipment</p> <ul style="list-style-type: none"> - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running 	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 6	<p>Netball - Positional play</p> <p>Football – Tactics and strategies e.g. formation</p> <p>Badminton - Shot sequencing and selection</p> <p>Gymnastics – Building a routine to music</p> <p>Fitness – FITT / SPARRVI</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 	Week 6	<p>Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.</p>	<ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance 	Week 6	<p>Athletics – Classes to rotate round dependent on space / equipment</p> <ul style="list-style-type: none"> - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running 	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 7	<p>Netball – Rules and regulations / game play</p> <p>Football – Rules and regulations / game play</p> <p>Badminton - Rules and regulations / game play</p> <p>Fitness – Methods of training</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 	Week 7	<p>Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc</p> <p>.</p>	<ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance 	Week 7	<p>Athletics – Classes to rotate round dependent on space / equipment</p> <ul style="list-style-type: none"> - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running 	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 8	<p>Netball – Rules and regulations / Game play assessment</p> <p>Football – Rules and regulations / Game play assessment</p> <p>Badminton - Rules and regulations / Game play assessment</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 	Week 8	<p>Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.</p>	<ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance 	Week 8	<p>Rounders – Throwing and catching</p> <p>Cricket – Throwing and catching</p>	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics

	Fitness – Assessment against baseline results							
Week 9	<p>Group change activity – Activity restarts</p> <p>Netball - Passing Football – Passing Badminton - Racket familiarisation and low serve Fitness – Baseline fitness testing</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 	Week 9	Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.	<ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance 	Week 9	<p>Rounders – Short and long barrier Cricket – Short and long barrier</p>	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 10	<p>Netball – Footwork Football – Dribbling Badminton - High serve Fitness – Heart rate and target zones</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 	Week 10	Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.	<ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance 	Week 10	<p>Rounders – Batting technique Cricket – Batting</p>	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 11	<p>Netball – Dodging and space Football – Defending and tackling Badminton - Overhead and underarm clear Fitness – Aerobic Vs anaerobic endurance</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 				Week 11	<p>Rounders – Bowling technique Cricket – Bowling</p>	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 12	<p>Netball - Shooting Football – Shooting Badminton - Net and drop shot Fitness – Skill related COF</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 				Week 12	<p>Rounders – Tactics e.g. bowling, batting and fielding Cricket – Tactics e.g. bowling, batting and fielding</p>	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 13	<p>Netball – Defending and marking Football – Attacking and possession Badminton - Shot sequencing and selection Fitness – Health related COF</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 				Week 13	<p>Rounders – Rules and regulations / game play Cricket – Game play assessment</p>	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics
Week 14	<p>Netball - Positional play Football – Tactics and strategies e.g. formation Badminton - Shot sequencing and selection Fitness – FITT / SPARRVI</p>	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 				Week 14	<p>Rounders – Game play assessment Cricket – Game play assessment</p>	<ul style="list-style-type: none"> - Rounders - Cricket - Athletics

Week 15	Netball – Rules and regulations / Game play assessment Football – Rules and regulations / Game play assessment Badminton - Rules and regulations / Game play assessment Fitness – Assessment against baseline results	<ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton 			
Assessment	<ul style="list-style-type: none"> - KPI teacher assessment throughout (See KPI map for activity guidance) - Self / peer assessment and coaching 	Assessment	<ul style="list-style-type: none"> - KPI teacher assessment throughout (See KPI map for activity guidance) - Self / peer assessment and coaching 	Assessment	<ul style="list-style-type: none"> - KPI teacher assessment throughout (See KPI map for activity guidance) - Self / peer assessment and coaching