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	RoundersCricketAthletics
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	RoundersCricketAthletics

							ShotputJavelinMiddle distance running	
Week 5	Netball – Defending and marking Football – Attacking and possession Badminton - Shot sequencing and selection Fitness – Health related COF	 Boys football Girls football Netball Badminton 	Week 5	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	 Boys football Girls football Netball Badminton 	Week 5	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 6	Netball - Positional play Football — Tactics and strategies e.g. formation Badminton - Shot sequencing and selection Gymnastics — Building a routine to music Fitness — FITT / SPARRVI	 Boys football Girls football Netball Badminton 	Week 6	Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.	 Basketball Rugby Trampolining Fitness / dance 	Week 6	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 7	Netball – Rules and regulations / game play Football – Rules and regulations / game play Badminton - Rules and regulations / game play Fitness – Methods of training	 Boys football Girls football Netball Badminton 	Week 7	Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc .	 Basketball Rugby Trampolining Fitness / dance 	Week 7	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 8	Netball – Rules and regulations / Game play assessment Football – Rules and regulations / Game play assessment Badminton - Rules and regulations / Game play assessment	 Boys football Girls football Netball Badminton 	Week 8	Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.	 Basketball Rugby Trampolining Fitness / dance 	Week 8	Rounders – Throwing and catching Cricket – Throwing and catching	- Rounders - Cricket - Athletics

	Fitness – Assessment against						
	baseline results						
Week 9	Group change activity –	- Boys football	Week 9	Group appropriate activity –	- Basketball	Week 9	Rounders – Short and long - Rounders
Week 5	Activity restarts	- Girls football	Week 5	Teacher assessment of activity	- Rugby	Treek 5	barrier - Cricket
	Activity restarts	- Netball		area that would benefit groups	- Trampolining		Cricket – Short and long - Athletics
	Nothall Dassing	- Badminton			- Fitness / dance		barrier - Athletics
	Netball - Passing	- Badiiiiitoii		physical literacy e.g.	- Fittless / dalice		Darrier
	Football – Passing			basketball, rugby, trampolining			
	Badminton - Racket			etc.			
	familiarisation and low serve						
	Fitness – Baseline fitness						
	testing						
Week 10	Netball – Footwork	- Boys football	Week 10	Group appropriate activity –	- Basketball	Week 10	Rounders – Batting technique - Rounders
	Football – Dribbling	- Girls football		Teacher assessment of activity	- Rugby		Cricket – Batting - Cricket
	Badminton - High serve	- Netball		area that would benefit groups	- Trampolining		- Athletics
	Fitness – Heart rate and target	- Badminton		physical literacy e.g.	- Fitness / dance		
	zones			basketball, rugby, trampolining	1111000 / 111100		
	201103			etc.			
				Cic.			
Week 11	Netball – Dodging and space	- Boys football				Week 11	Rounders – Bowling technique - Rounders
vveek 11		- Girls football				Week 11	- '
	Football – Defending and						Cricket – Bowling - Cricket
	tackling	- Netball					- Athletics
	Badminton - Overhead and	- Badminton					
	underarm clear						
	Fitness – Aerobic Vs anaerobic						
	endurance						
Week 12	Netball - Shooting	 Boys football 				Week 12	Rounders – Tactics e.g Rounders
	Football – Shooting	 Girls football 					bowling, batting and fielding - Cricket
	Badminton - Net and drop	- Netball					Cricket – Tactics e.g. bowling, - Athletics
	shot	- Badminton					batting and fielding
	Fitness – Skill related COF	20011111011					
	Titiless skiii related eer						
Week 13	Netball – Defending and	- Boys football				Week 13	Rounders – Rules and - Rounders
Week 13	_	•				Week 13	
	marking	- Girls football					regulations / game play - Cricket
	Football – Attacking and	- Netball					Cricket – Game play - Athletics
	possession	- Badminton					assessment
	Badminton - Shot sequencing						
	and selection						
	Fitness – Health related COF						
Week 14	Netball - Positional play	- Boys football				Week 14	Rounders – Game play - Rounders
	Football – Tactics and	 Girls football 					assessment - Cricket
	strategies e.g. formation	- Netball					Cricket – Game play - Athletics
	Badminton - Shot sequencing	- Badminton					assessment
	and selection						
	Fitness – FITT / SPARRVI						

Week 15	Netball — Rules and regulations / Game play assessment — Netball — Netball — Netball — Badminton — Badminton — Badminton — Badminton — Rules and regulations / Game play assessment — Fitness — Assessment against baseline results	Assessment				
Assessment	g , i		 KPI teacher assessment throughout (See KPI map for 	Assessment	- KPI teacher assessment throughout (See KPI map for	
	activity guidance)		activity guidance)		activity guidance)	
	 Self / peer assessment and coaching 		 Self / peer assessment and coaching 		 Self / peer assessment and coaching 	