

## Key Stage 4 YEAR 9 CORE PHYSICAL EDUCATION

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<b>Examination Board</b>	N/A	<b>Specification Code N/A</b>	KS3 – Year 9 Core PE Curriculum North & South Campus

### Subject Content

#### NORTH CAMPUS PROGRAMME

UNIT	DATES W/B	LESSONS	GROUP 1	GROUP 2	GROUP 3	ASSESSMENT
1 Invasion	Sept 10 <sup>th</sup> – Sept 28 <sup>th</sup>	6 Lessons	NETBALL – 3 Lessons FOOTBALL – 3 Lessons	FOOTBALL – 3 Lessons HANDBALL – 3 Lessons	HOCKEY – 3 Lessons TAG RUGBY – 3 Lessons	Groups 1&2: Against KS3 criteria. Group 3: KS3 criteria and SLUK criteria.
2 Invasion	Oct 1 <sup>st</sup> – Oct 12 <sup>th</sup>	5 Lessons	HOCKEY – 3 Lessons RUGBY – 3 lessons	RUGBY – 3 Lessons HOCKEY – 3 Lessons	HANDBALL – 3 Lessons FOOTBALL (Alternative) – 3 Lessons	
3 X Country	Last lesson of the term w/b Oct 15 <sup>th</sup>	1 Lesson	CROSS COUNTRY COMPETITION IN GROUPS			Assessed by position in X Country & selection for school team.
<b>HALF TERM</b>						
4 Invasion	Oct 29 <sup>th</sup> – Nov 16 <sup>th</sup> 1 <sup>st</sup> lesson of the week	5 Lessons	SPORTS LEADERSHIP	SHA	FITNESS (PEP) To include fitness testing May need some PC rooms	Groups 1&2: Against KS3 criteria. Group 3: KS3 criteria and SLUK criteria.
5 Fitness	Nov 19 <sup>th</sup> second lesson of the week - Nov 30 <sup>th</sup>	5 Lessons	FITNESS (PEP) To include fitness testing May need some PC rooms	SPORTS LEADERSHIP	SHA	
6	Dec 3 <sup>rd</sup> – 21 <sup>st</sup> Dec 1 <sup>st</sup> lesson of the week	5 Lessons	SHA	FITNESS (PEP) To include fitness testing May need some PC rooms	SPORTS LEADERSHIP	
7	17 <sup>th</sup> Dec – 2 <sup>nd</sup> lesson of the week	1 Lesson	Inter group competitions lesson: SHA			Position in competitions & publicity/ certificate.
<b>CHRISTMAS BREAK</b>						
8 Indoor	Jan 7 <sup>th</sup> – Jan 25 <sup>th</sup>	6 Lessons	SWIMMING	BADMINTON	GYMNASTICS/ DANCE	Groups 1&2: Against KS3 criteria. Group 3: KS3 criteria and SLUK criteria.
9 Indoor	Jan 28 <sup>th</sup> – Feb 15 <sup>th</sup>	6 Lessons	GYMNASTICS/ DANCE	BASKETBALL	SWIMMING	
<b>HALF TERM</b>						
10 Indoor	Feb 25 <sup>th</sup> – March 15 <sup>th</sup>	6 Lessons	BADMINTON	SWIMMING	BASKETBALL (LOBB Gym)	Groups 1&2: Against KS3 criteria. Group 3: KS3 criteria and SLUK criteria.
11 Indoor	March 18 <sup>th</sup> – April 5 <sup>th</sup>	6 Lessons	BASKETBALL (LOBB Gym)	GYMNASTICS/ DANCE	BADMINTON	
<b>EASTER BREAK</b>						
12 Athletics	April 23 <sup>rd</sup> – May 24 <sup>th</sup>	10 Lessons	ATHLETICS	ATHLETICS	ATHLETICS	Groups 1&2: Against KS3 criteria. Group 3: KS3 criteria and SLUK criteria &

						selection for school team.
<b>ATHLETICS UNIT: MINI PROGRAMME OF JUMPS/ THROWS &amp; TRACK (Approximately 4 Lessons on track; 3 Lesson on throws; 3 lessons on Jumps)</b>						
	<b>ROTATION</b> L1 L2 L3 L4 L5 L6 L7 L8 L9 L10	Track 1 – Sprints 1 Jump 1 - LJ Throw 1 - Jav Track 2 – Sprints 2 Jump 2 - HJ Throw 2 - Shot Track 3 - Distance Jump 3 – TJ/LJ/HJ Throw 3 - Discus Track 4 - Relay	Jump 1 - LJ Throw 1 - Jav Track 1 – Sprint 1 Jump 2 - HJ Throw 2 - Shot Track 2 – Sprints 2 Jump 3 – TJ/LJ/HJ Throw 3 - Discus Track 3 - Distance Track 4 - Relay	Throw 1 - Jav Track 1 – Sprints 1 Jump 1 - LJ Throw 2 - Shot Track 2 – Sprints 2 Jump 2 - HJ Throw 3 - Discus Track 3 - Distance Jump 3 – TJ/LJ/HJ Track 4 - Relay		Look at KS3 Athletics awards grading sheets to assess various activities & selection for school team.
<b>HALF TERM</b>						
14 Outdoor	June 3 <sup>rd</sup> – June 14 <sup>th</sup>	4 lessons	ROUNDERS	TENNIS	CRICKET	Groups 1&2: Against KS3 criteria. Group 3: KS3 criteria and SLUK criteria.
15 Outdoor	June 17 <sup>th</sup> – June 28 <sup>th</sup>	4 Lessons	CRICKET	SOFTBALL/ ROUNDERS	TENNIS	
16 Competition	July 1 <sup>st</sup> – July 12 <sup>th</sup>	4 Lesson	TENNIS	CRICKET	ROUNDERS	
14 Summer Outdoors	July 15 <sup>th</sup> – July 19 <sup>th</sup>	2 Lessons to include competition lessons	COMPETITION LESSONS			Position in competitions & publicity/ certificate.
<b>SUMMER BREAK</b>						
<b>YEAR 9 SOUTH PROGRAMME</b>						
UNIT	DATES W/B	LESSONS	Group 1	Group 2	ASSESSMENT	
1 Invasion	Sept 10 <sup>th</sup> – Sept 28 <sup>th</sup>	6 Lessons	RUGBY	HANDBALL	Against KS3 criteria.	
2 Invasion	Oct 1 <sup>st</sup> – Oct 12 <sup>th</sup>	5 Lessons	HOCKEY– 3 Lessons SHA – 2 lessons	RUGBY – 3 Lessons HOCKEY – 2 Lessons		
3 X Country	Last lesson of the term w/b Oct 15 <sup>th</sup>	1 Lesson	CROSS COUNTRY COMPETITION IN GROUPS		Based on finishing positions in competitions and contribution in forms.	
<b>HALF TERM</b>						
4 Invasion	Oct 29 <sup>th</sup> – Nov 16 <sup>th</sup> 1 <sup>st</sup> lesson of the week	5 Lessons	SPORTS LEADERSHIP	SHA	Against KS3 criteria & planning & leading.	
5 Fitness	Nov 19 <sup>th</sup> second lesson	5 Lessons	FITNESS (PEP) To include fitness testing	SPORTS LEADERSHIP	Against KS3 criteria, planning & leading & previous test results.	

	of the week - Nov 30 <sup>th</sup>		May need some PC rooms		
6	Dec 3 <sup>rd</sup> – 21 <sup>st</sup> Dec 1 <sup>st</sup> lesson of the week	5 Lessons	SHA	FITNESS (PEP) To include fitness testing May need some PC rooms	Against KS3 criteria & previous test results.
7	17 <sup>th</sup> Dec – 2 <sup>nd</sup> lesson of the week	1 Lesson	Inter group competitions lesson: SHA		Based on finishing positions in competitions and contribution in forms.
CHRISTMAS BREAK					
8 Indoor	Jan 7 <sup>th</sup> – Jan 25 <sup>th</sup>	6 Lessons	DODGEBALL	BADMINTON	Against KS3 criteria.
9 Indoor	Jan 28 <sup>th</sup> – Feb 15 <sup>th</sup>	6 Lessons	GYMNASTICS/ DANCE	BASKETBALL/ VOLLEYBALL	
HALF TERM					
10 Indoor	Feb 25 <sup>th</sup> – March 15 <sup>th</sup>	6 Lessons	BASKETBALL/ VOLLEYBALL	FOOTBALL	Against KS3 criteria.
11 Indoor	March 18 <sup>th</sup> – April 5 <sup>th</sup>	6 Lessons	BADMINTON	GYMNASTICS/ DANCE	
EASTER BREAK					
12 Athletics	April 23 <sup>rd</sup> – May 24 <sup>th</sup>	10 Lessons	ATHLETICS	ATHLETICS	Against KS3 criteria, selection for school team and awards system.
ATHLETICS UNIT: MINI PROGRAMME OF JUMPS/ THROWS & TRACK (Approximately 4 Lessons on track; 3 Lesson on throws; 3 lessons on Jumps)					
	ROTATION				
	L1		Track 1 – Sprints 1	Jump 1 - LJ	
	L2		Jump 1 - LJ	Throw 1 - Jav	
	L3		Throw 1 - Jav	Track 1 – Sprint 1	
	L4		Track 2 – Sprints 2	Jump 2 - HJ	
	L5		Jump 2 - HJ	Throw 2 - Shot	
	L6		Throw 2 - Shot	Track 2 – Sprints 2	
	L7		Track 3 - Distance	Jump 3 – TJ/LJ/HJ	
	L8		Jump 3 – TJ/LJ/HJ	Throw 3 - Discus	
	L9		Throw 3 - Discus	Track 3 - Distance	
	L10		Track 4 - Relay	Track 4 - Relay	
HALF TERM					
14 Outdoor	June 3 <sup>rd</sup> – June 14 <sup>th</sup>	4 lessons	ROUNDERS	TENNIS	Against KS3 criteria.
15 Outdoor	June 17 <sup>th</sup> – June 28 <sup>th</sup>	4 Lessons	CRICKET	SOFTBALL/ ROUNDERS	Against KS3 criteria.
16 Competition	July 1 <sup>st</sup> – July 12 <sup>th</sup>	4 Lesson	TENNIS	CRICKET	
14 Summer Outdoors	July 15 <sup>th</sup> – July 19 <sup>th</sup>	2 Lessons to include competition lessons	COMPETITION LESSONS		Based on finishing positions in competitions and contribution in forms.
SUMMER BREAK					

**Additional Equipment Required:**

PE Kit – Black shorts, white polo t-shirt, trainers.

Please note if students are ill/ injured they must provide a note from home & still bring kit.

**Assessment Details**

As above

**What can I do to support my child at home?**

Encourage organization of kit and equipment for lessons  
Encourage a healthy, active lifestyle.

**Teaching Staff Contact Details**

<b>Name</b>	<b>Role</b>	<b>Email</b>	<b>Tel</b>
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Ms Abby Simpson	Teacher of PE SSCo	<a href="mailto:Abby.Simpson@ewsacademy.org.uk">Abby.Simpson@ewsacademy.org.uk</a>	01604 862125
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**Additional Information:**

Extra Curricular clubs run after school to further enhance knowledge, understanding and skills on both North and South Campus – see the school website and PE notice boards for details.

EWS North Campus is home to Night Hawks Badminton club (Alex Dunn) on Wednesday after school and evenings.

There are a variety of opportunities for swimming lessons, hiring sports areas and joining clubs through The Willison Centre – North Campus

