Year 9

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| **Subject** | **PHYSICAL EDUCATION and OUTDOOR EDUCATION** |
| **Title** | **Invasion games and Fitness** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **AUTUNM** |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |
| **KPI 1** | I can **justify** skills and how they can be used to influence a game |
|  | I can use skills under pressure in a game situation |
|  | I can analyse the performance of self and others and suggest improvements |
|  | I can identify STRENGTHS and WEAKNESSES of my own fitness |
|  | I can **justify** CoF used in sports activities and relate them to a healthy lifestyle |
|  | I know how to monitor HR and RPE scale when exercising |
|  | I can analyse FITNESS of self and others and suggest improvements |
| **Title** | **Gymnastics/Outdoor Education, Net Games and Leadership** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **SPRING** |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |
|  | I can **justify** skills and how they can be used to influence a game or sequence |
| **KPI 2** | I can use skills under pressure in a game situation, sequence or routine |
|  | I can analyse the performance of self and others and suggest improvements |
|  | I can identify STRENGTHS and WEAKNESSES of my own leadership attributes |
|  | I can **justify** why leadership skills are important and how they can be used to organise others |
|  | I can use skills leadership to lead others and organise sports sessions |
|  | I can analyse leadership attributes of self and others and suggest improvements |
|  | I can identify STRENGTHS of my own outdoor skills |
|  | I can select appropriate skills and use them in different ODE situations |
|  | I can identify STRENGTHS and WEAKNESSES of my own ODE skills |
| **Title** | **Athletics, Striking & Fielding and Alternative activities** |
| **Success Criteria** | **Understand, Demonstrate and Analyse** |
|  | **SUMMER** |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |
|  | I can **justify** skills and how they can be used to influence events |
| **KPI 3** | I can use skills under pressure in an event to produce a good performance |
|  | I can analyse the performance of self and others and suggest improvements |
|  | I can identify STRENGTHS and WEAKNESSES of my own performance |
|  | I can **justify** skills and how they can be used to influence a game |
|  | I can use skills under pressure in a game situation |
|  | I can analyse the performance of self and others and suggest improvements |