

Subject	Year	Term
Physical Education	9	2
Topic		
Developing Knowledge About Healthy/Active Lifestyle		
Content (Intent)		
Prior Learning (Topic) Developing Skills In Individual, Conditioned Activities		
<u>Practical</u>		
<ol style="list-style-type: none"> 1. Developing skills/performance within game situations 2. Making informed choices about Healthy, active lifestyle. 		
<u>Theory</u>		
<ol style="list-style-type: none"> 1. Demonstrate an understanding of the benefits of healthy living. Linking mental, physical and social aspects to their involvement in sport. 		
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Future Learning (Topic) Evaluating And Improving Performance		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p><u>Activities:</u></p> <ul style="list-style-type: none"> • Invasion games • Badminton, • Fitness <p><u>Key Knowledge & Skills:</u></p> <ul style="list-style-type: none"> – Refinement of more advanced skills within full game performances – Confident communication and use of correct terminology within game, showing leadership skills amongst the team. – Good knowledge of tactics/strategies in small, sided game to overcome opponent – Able to be confident and knowledgeable enough to referee or umpire games – Students will understand the benefits of being healthy and living an active lifestyle <p><u>NC Links:</u></p> <ul style="list-style-type: none"> • Use tactics and strategies to overcome opponents • Engage in competitive sports • Refine techniques • understand and apply the long-term health benefits of physical activity. • Analyse performance • Develop leadership and teamwork skills 	<p>Assessment</p> <p>Students will continue to be assessed through the different sports/activities covered, with focus on :</p> <ul style="list-style-type: none"> – Technique in conditioned and competitive situations – Ability to evaluate and improve performance – Uses of more advanced tactics to influence outcomes – Link of more advanced complex skills into performances – Demonstrates improved technical proficiency – Explain theory-based knowledge about their bodies' ability to exercise and the reasoning behind such principles. – End of block theory tests on rules/regulations of sports covered – Assessment linked to end point statements for Year 9 	
How can parents help at home?		
Take an active involvement in exercise with their child to promote healthy living.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
<p>Reading</p> <p>Introduction to physical education – fitness & sport Author - Daryl Siedentop</p>	<p>Vocabulary Lists</p> <p>Evaluate Incorporate</p>	<p>Distinguish Modify</p>