

Subject	Year	Term
Physical Education	9	3
Topic		
Evaluating And Improving performance		
Content (Intent)		
Prior Learning (Topic) Benefits Of Healthy Living.		
Practical		
<ol style="list-style-type: none"> 1. Making and Applying Decisions within striking and fielding/net games 2. Evaluating and Improving performance with athletic activities 		
Theory		
<ol style="list-style-type: none"> 1. Pressurised decision making and analysis of opponent's strategies 2. Identifying strengths and areas of improvement in own and others work, suggesting improvement. 		
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Future Learning (Topic) Preparation for Keys Stage 4 PE		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
Activities: <ul style="list-style-type: none"> • Striking & Fielding games • Athletics Key Knowledge & Skills: <ul style="list-style-type: none"> – Demonstrates clear replication of techniques in all events and can explain the different demands of various events/activities – Good knowledge, understanding and skills of striking and fielding sports & Athletic activities – demonstrating good knowledge of rules and regulations, as well as improving more complex striking & execution of advanced fielding. – Appreciation of necessary tactics and strategies, being able to communicate them to peers. NC Links: <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 	Assessment <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 – Focus on planning, preparing for and competing in a range of athletic competitions to achieve personal best times and distances where possible. – End of block theory tests on rules/regulations of sports covered – Assessment linked to end point statements for Year 9 <p>Students will also be assessed on K&U through end of year exam on practical/theoretical content covered over year.</p>	
How can parents help at home?		
Take part in physical activity with children and question them on how they can improve performances. Discuss healthy lifestyle, diet and well-being.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading AQA GCSE (9-1) PE – Howitt and Murray BTEC First in sport revision guide - Hughes	Vocabulary Lists Energy, appreciation, Effective, questioning Interpret application	