



Year 9									
Baseline Assessment	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8	Age Related Expectations (ARE)
Football	Handball/Netball	Badminton	Dance	HRE	Rugby Union & Rugby League	Cricket	Softball/Rounders	Athletics	The consistency of performance of the 6 Core Skills and 3 Advanced Skills: <ul style="list-style-type: none"> Exceeding Embedded Secure Developing Emerging
What is the purpose of these units? <p>Students are assessed on 9 activities across Year 8. The activities listed above are not necessarily taught in the order stated. Within these activities, students are assessed on 7 skills (6 core and 3 advanced) using 'live assessment' throughout the scheme of work.</p>									
Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:	Overview of the knowledge and skills covered in this unit:
Core skills: <ul style="list-style-type: none"> Ball control Passing Dribbling Shooting Tackling Marking player with the ball 	Core skills: <ul style="list-style-type: none"> Dodging Passing/Catching Ball handling Footwork/Dribble Shooting Marking player with the ball 	Core skills: <ul style="list-style-type: none"> Short Serve Long Serve Forehand Drive Forehand High Clear Forehand smash Net shot 	Core skills: <ul style="list-style-type: none"> Basic choreography Physical skills Technical skills Key features Performance skills Review skills 	Core skills: <ul style="list-style-type: none"> Exercise safely Understand heart rate Understand training programme Location of muscles Short/long timer 	Core skills: <ul style="list-style-type: none"> Beating an opponent Scrum and line out Tackling Receiving a high ball Kicking 	Core skills: <ul style="list-style-type: none"> Handling Beating an opponent Scrum and line out Tackling Receiving a high ball Kicking 	Core skills: <ul style="list-style-type: none"> Batting Bowling - Action Bowling - Trajectory Fielding - Stop, Catch, Pick Up, Throw Running between bases 	Core skills: <ul style="list-style-type: none"> Batting - grip and stance Batting - running between bases Fielding - catching Bowling 	Core skills: <ul style="list-style-type: none"> Basic running Basic jumping Basic throwing Advanced skills: <ul style="list-style-type: none"> Advanced track Advanced



Parkside School Curriculum Map 2025/6

PE & Performing Arts: PE

Advanced skill: <ul style="list-style-type: none">• Dribbling - to beat opponent• Passing (non-dominant foot)• Control - chest, thigh	<ul style="list-style-type: none">• Feinting	Advanced skill: <ul style="list-style-type: none">• Backhand Drive• Footwork and court positioning• Drop shot	Advanced skill: <ul style="list-style-type: none">• Perform physical skills• Perform relevant technical skills• Perform relevant performance skills	effects of exercise <ul style="list-style-type: none">• Methods of training i.e. weight & continuous• Create a training programme	Advanced skill: <ul style="list-style-type: none">• Rucking• Mauling• Tackle from rear• Drop kick	wickets <ul style="list-style-type: none">• Batting - front foot defensive	<ul style="list-style-type: none">• Hitting beyond the diamond	<ul style="list-style-type: none">• jumping	<ul style="list-style-type: none">• Advanced throwing
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