



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	<div>The consistency of performance of the 6 Core Skills and 3 Advanced Skills:</div> <div><ul style="list-style-type: none">ExceedingEmbeddedSecureDevelopingEmerging</div>
<div>What is the purpose of these units?</div> <div>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.</div>									
<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">Ball controlPassingDribblingShootingTacklingMarking player with the ball</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">DodgingPassing/ CatchingBall handlingFootwork/ DribbleShootingMarking player with the ball</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">Short ServeLong ServeForehand DriveForehand High ClearForehand smashNet shot</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">Basic choreographyPhysical skillsTechnical skillsKey featuresPerformance skillsReview skills</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">Exercise safelyUnderstand heart rateUnderstand training programmesLocation of musclesShort/long timer</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">Ball HandlingBeating an opponentScrum and line outTacklingReceiving a high ballKicking</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">BattingBowling – ActionBowling – TrajectoryFielding – Stop, Catch, Pick Up, ThrowRunning between</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">Batting – grip and stanceBatting – running between bases /back stopFielding – catchingBowling</div>	<div>Overview of the knowledge and skills covered in this unit:</div> <div>Core skills:</div> <div><ul style="list-style-type: none">Basic runningBasic jumpingBasic throwing</div> <div>Advanced skills:</div> <div><ul style="list-style-type: none">Advanced trackAdvanced</div>	



Parkside School Curriculum Map 2025/6

PE & Performing Arts: PE

<p>Advanced skill:</p> <ul style="list-style-type: none"> • Dribbling – to beat opponent • Passing (non-dominant foot) • Control - chest, thigh 	<ul style="list-style-type: none"> • Feinting <p>Advanced skill:</p> <ul style="list-style-type: none"> • Passing / catching • Marking • Attacking/defending 	<p>Advanced skill:</p> <ul style="list-style-type: none"> • Backhand Drive • Footwork and court positioning • Drop shot 	<p>Advanced skill:</p> <ul style="list-style-type: none"> • Perform physical skills • Perform relevant technical skills • Perform relevant performance skills 	<p>effects of exercise</p> <p>Advanced skills:</p> <ul style="list-style-type: none"> • Methods of training i.e. weight & continuous • Create a training programme 	<p>Advanced skill:</p> <ul style="list-style-type: none"> • Rucking • Mauling • Tackle from rear • Drop kick 	<p>wickets</p> <ul style="list-style-type: none"> • Batting - front foot defensive <p>Advanced skill:</p> <ul style="list-style-type: none"> • Fielding – on the Move • Batting - defensive • Bowling - variation 	<ul style="list-style-type: none"> • Hitting beyond the diamond <p>Advanced skill:</p> <ul style="list-style-type: none"> • Fielding – catching at different heights and speeds • Fielding - awareness of base runners • Batting • Running tactics 	<ul style="list-style-type: none"> • jumping • Advanced throwing 	
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