



## Key Stage 3 Curriculum Progress Map: Year 9 PE

Topic Titles <small>Objectives (the things we want pupils to make progress in)</small>	ASSESSMENT CRITERIA			
	STAGE 4	STAGE 3	STAGE 2	STAGE 1
<b>BADMINTON</b>	<ul style="list-style-type: none"> <li>Technique is maintained for skills and throughout practices.</li> <li>Almost always produce the intended results/accuracy.</li> <li>Successful and effective tactical and strategic decisions are made.</li> <li>Quick and efficient footwork is maintained.</li> <li>Exceptional technique/accuracy/consistency is shown in games.</li> <li>Can select and apply the most appropriate skills.</li> <li>Is usually successful in outwitting their opponent, and hardly ever outwitted themselves.</li> </ul>	<ul style="list-style-type: none"> <li>All shots have good use of length, direction and angle.</li> <li>I show anticipation of the next shot and prepare early.</li> <li>I move well around the court showing awareness of the flight.</li> <li>I can return shots away from my opponent.</li> <li>I can use front, back, and side-to-side formations in doubles.</li> <li>Has an understanding of doubles formations and rules and can apply to a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>Application and use of each shot appropriately in a game.</li> <li>The smash is being used in a game to secure a point.</li> <li>The drive is used to apply pressure to the opposition.</li> <li>The serve is appropriately selected and delivered.</li> <li>Game play is effective but need to vary angles of the shuttle to manipulate and use the space on the court.</li> <li>Can play a half-court (full court when appropriate) singles game and is winning most games.</li> <li>Game play is effective but need to vary angles of the shuttle.</li> </ul>	<ul style="list-style-type: none"> <li>Can attempt a drop shot, but sometimes this goes too high.</li> <li>Can attempt a net shot, but sometimes lacks accuracy.</li> <li>Can understand, but cannot always execute each shot.</li> <li>Can receive the serve using the correct ready position.</li> <li>Can perform a serve effectively.</li> </ul>
<b>FOOTBALL</b>	<ul style="list-style-type: none"> <li>Control is always in front of body and away from the defender to keep attack flowing, uses one touch football to speed up attacks.</li> <li>Completes a range of passes over a variety of distances. Passes the ball under pressure weighting the ball into the path of its intended target.</li> <li>Dribble away from several defenders at once using a variety of skills and changes of direction. Select the dribble at the right moment in a game situation.</li> <li>Constantly on the move looking for space in a game situation using one and two touch football to keep the ball moving and troubling the defensive shape of the opposite team.</li> <li>Leads the team defensively ensuring they keep shape communicating when to press the ball.</li> <li>Effective in a game situation in all positions, controls the tempo of the attack using one and two touch football and the shape of the defence to stop the opposition.</li> </ul>	<ul style="list-style-type: none"> <li>Control a variety of passes with various parts of the body, ball stays in front of body to keep play flowing.</li> <li>Complete a range of passes over varying distances, passing into the space for teammates to move onto.</li> <li>Keep control of ball when faced with defender in a tight situation using variety of skills/change of direction.</li> <li>Moves into space once passed the ball and wants it back, moves ball out wide to create room in the middle of the pitch.</li> <li>Constantly on the move, looking for space in a game situation begins using two-touch football to speed up attacks.</li> <li>Leads the team when defending attempting to help their defence keep shape communicating when to press the ball.</li> <li>Effective in a game situation in preferred position.</li> </ul>	<ul style="list-style-type: none"> <li>Control a variety of passes with either strong or weak foot in a game situation.</li> <li>Complete a pass over varying distances with strong foot under pressure.</li> <li>Dribble the ball away from defenders using change of direction or creative skill.</li> <li>Moves into space once passed the ball and wants it back, moves ball out wide to create room in the middle of the pitch.</li> <li>Understand and demonstrate some teamwork in defending, showing shape and anticipation to tackle.</li> <li>Has some influence on the game using some skills to help team performance.</li> </ul>	<ul style="list-style-type: none"> <li>Control a simple/short pass with either strong or weak foot under some pressure.</li> <li>Complete a simple/short pass with either foot under some pressure accurately finding its target, passes over longer distances with some success but the ball can miss its target.</li> <li>Dribble the ball around a defender using a change of direction in a large space.</li> <li>Move into space to create room to receive a pass away from the defender.</li> <li>Able to work as part of a team to defend and tackle an opponent in practice and a game situation.</li> <li>Apply above skills in a game situation with some influence on the game, demonstrating the importance of pass and move.</li> </ul>
<b>HOCKEY</b>	<ul style="list-style-type: none"> <li>Execute the right hand dodge and switch play effectively using long-range passes in a game.</li> <li>Can use the reverse stick to tackle and gain possession of the ball.</li> <li>Knows why a penalty flick is awarded and has gained some success at lifting the ball.</li> <li>Has taken part in a penalty shoot-out and has regularly outwitted the goalkeeper.</li> <li>Uses the hit in a game to distribute the ball over a greater distance.</li> </ul>	<ul style="list-style-type: none"> <li>Can hit long-range passes consistently in a practice.</li> <li>Can use the reverse stick to intercept, receive and shield the ball in a 6 v 6 game.</li> <li>Attempt a reverse stick pass in a game.</li> <li>Can perform the right hand dodge consistently in a practice.</li> <li>Can effectively play in a number of positions, defence, midfield and attack.</li> <li>Create goal-scoring opportunities (read game).</li> </ul>	<ul style="list-style-type: none"> <li>Successfully track players and consistently gain possession using the block tackle.</li> <li>Support other players and create space to maintain team possession in a 6 v 6 game.</li> <li>Move efficiently with the ball using the open stick, reverse stick and Indian dribble to maintain possession in a 6 v 6 game.</li> <li>Accurately pass using the open stick.</li> <li>Adapt the strategies at penalty corners</li> <li>Demonstrate the grip and attempt to perform a hit.</li> </ul>	<ul style="list-style-type: none"> <li>Regularly gains possession(block tackle) 6 v 6 game</li> <li>Can judge the power and pace of the ball to reposition and receive the ball.</li> <li>Can execute the Indian dribble and use the reverse stick in a conditioned practice.</li> <li>Is involved in the planning and refining the penalty corners.</li> <li>Applies the free hit, long corner and penalty corner appropriately.</li> </ul>
<b>NETBALL</b>	<ul style="list-style-type: none"> <li>To understand the principle of channelling when giving and receiving a ball.</li> <li>To be able to plan attacking and defensive backline passes.</li> <li>The ability for a player to switch from defence to attack swiftly and efficiently to maintain ball speed and possession.</li> </ul>	<ul style="list-style-type: none"> <li>To read the passage of play from the player in front to make effective decisions to avoid crowding.</li> <li>To be able to turn in the air landing on the correct foot to speed up play.</li> <li>To be able to cut in front of a defender to maintain possession of the ball.</li> <li>I can contribute to the design of a centre pass routines and able to analyse why it breaks down.</li> <li>To be able to be effective in a game at holding a position with a defender.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to perform two types of dodges in a game to outwit an opponent.</li> <li>Passes should be performed with control and precision.</li> <li>Be able to land correctly whilst turning in the air in a practice.</li> <li>Be able to man-to-man mark, track a player and perform an interception during a game.</li> <li>To be able to read the passage of play and perform an interception whilst marking.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to select the correct pass with accuracy in a game.</li> <li>To be able to consistently land correctly.</li> <li>Be able to man-to-man mark, track a player and perform an interception during a game.</li> <li>To know were each position is allowed to go.</li> </ul>
<b>ROUNDERS</b>	<ul style="list-style-type: none"> <li>Vary bowling technique (donkey, speed, spin).</li> <li>Consistently catch players/stump players out in a game.</li> <li>Quickly retrieve the ball and return to the correct base.</li> <li>Consistently hit the ball into the different sectors.</li> <li>Bowl the ball, communicate, and ensure the ball is returned.</li> <li>Apply advanced rules/tactics in a game e.g. den, taking no balls, running onto fourth.</li> </ul>	<ul style="list-style-type: none"> <li>Accurate overarm throw from the outer field.</li> <li>Effectively use the long barrier in a game.</li> <li>Successfully generate power when striking the ball.</li> <li>Read trajectory, reposition &amp; take a catch in a game.</li> <li>Effectively field (strongest position) back up players.</li> <li>Attempt to hit the ball into the different sectors.</li> <li>Consistently score half and full rounders in each game.</li> <li>Understand advanced rules/tactics e.g. den, taking no balls, running onto fourth.</li> </ul>	<ul style="list-style-type: none"> <li>Attempt to catch a ball coming to me in a game.</li> <li>Understand the nine fielding positions.</li> <li>Accurately throw overarm from the inner field.</li> <li>Adjust the fielding positions (left hand batters).</li> <li>Can backing up other players in game situations.</li> <li>Understand how the batters stance can change angles.</li> <li>Consistently score half rounders in each game.</li> <li>Understand and apply backwards hit rules.</li> </ul>	<ul style="list-style-type: none"> <li>Bowl in a game and know reasons for a no ball.</li> <li>Can play in two different positions.</li> <li>Can catch the ball over a medium distance.</li> <li>Consistently makes contact with the ball when batting.</li> <li>Know the technique and can perform the long barrier.</li> </ul>
<b>RUGBY</b>	<ul style="list-style-type: none"> <li><b>Passing and receiving:</b> Perform a spin pass accurately whilst moving forward.</li> <li><b>Kicking:</b> Execute the drop/ restart/ conversion kick effectively.</li> <li><b>Full context:</b> The pupil's contribution is highly effective and sustained.</li> </ul>	<ul style="list-style-type: none"> <li><b>Passing and receiving:</b> Perform a short and long pass accurately, at varying pace, whilst moving forward. Be creative with phases of passing, i.e.: switch and scissors.</li> <li><b>Tackling:</b> Execute the front, side and rear tackle technique safety on an opponent.</li> <li><b>Kicking:</b> Execute the punt and grubber kick effectively in a practice situation.</li> <li><b>Full context:</b> Select and apply these skills successfully within a small-sided game (SSG).</li> </ul>	<ul style="list-style-type: none"> <li><b>Handling:</b> Change pace and direction (side step) when running with the ball.</li> <li><b>Passing and receiving:</b> Perform a short and long pass accurately whilst moving forward at speed.</li> <li><b>Tackling:</b> Execute the front and side tackle technique safety on an opponent.</li> <li><b>Full context:</b> Apply these skills with limited success within a SSG.</li> <li>Skills are performed, but there are obvious areas of weaknesses.</li> </ul>	<ul style="list-style-type: none"> <li><b>Handling:</b> Alternate between the three different grips when appropriate.</li> <li><b>Passing and receiving:</b> Perform a short and long pass accurately whilst moving forward.</li> <li><b>Tackling:</b> Execute the 'front' tackle technique safety on an opponent in a practice situation.</li> <li><b>Retaining possession:</b> Support the ball carrier when they are in possession of the ball.</li> </ul>
<b>TRAMPOLINING</b>	<p>Can perform:</p> <ul style="list-style-type: none"> <li>Back drop half twist to feet</li> <li>Half twist to back drop</li> <li>Front drop to back drop <b>OR</b> back drop to front drop</li> <li>Front somersault <b>OR</b> back somersault</li> <li>Cradle</li> <li>A 10 bounce routine including Stage 1-4 moves</li> </ul>	<p>Can Perform:</p> <ul style="list-style-type: none"> <li>Front drop</li> <li>Back drop</li> <li>Seat drop to front drop</li> <li>Three quarter somersault</li> <li>An 8 bounce routine including Stage 1-3 moves</li> </ul>	<p>Can Perform:</p> <ul style="list-style-type: none"> <li>Front drop on mat</li> <li>Back drop on mat</li> <li>An 8 bounce routine including Stage 1-2 moves</li> </ul>	<p>Can perform:</p> <ul style="list-style-type: none"> <li>Seat drop half twist to feet</li> <li>Half twist to seat drop</li> <li>Half twist to seat drop half twist to feet</li> <li>Full twist</li> <li>Swivel hips</li> <li>6 bounce routine</li> </ul>