



Year 9

# Department of Physical Education

# OVERVIEW

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## Skills Developed

Pupils develop a wide range of skills and begin to develop the ability to use tactics, strategies and compositional ideas to perform successfully. They start to understand what makes an effective performance and how to apply these principles to their own and others' work. They learn to take the initiative and make decisions for themselves about what to do to improve performance. They start to identify the types of activity they prefer, and take a variety of roles, such as leader and official.

## Topics covered

- Games activities including: netball, football, tag rugby, tennis, cricket and hockey
- Gymnastics
- Cheerleading
- Dance
- Athletics
- Health and fitness

## How we assess your daughter's progress

During years 9 students are given a colour which best fits their ability in each activity. Students are aiming to achieve a green or above in each sport.

Please bear in mind that progress is not always linear and may fluctuate based on the sports that are being covered at any particular time. In addition, although a student may be attaining a 'green' overall, she may be a 'blue' or 'purple' in one particular sporting activity.

<p><b><u>Purple</u></b></p>	<ul style="list-style-type: none"><li>• The quality of technique is maintained for all skills and throughout all practices.</li><li>• When faced with opposition, decision making is consistently effective.</li><li>• There are few errors and the student is adaptive when faced with progressively challenging situations.</li><li>• They almost always produce the intended results/accuracy.</li><li>• The student shows a high level of ability to perform technically accurate and expressive movement, almost always fully relevant to the demands of a very high level of performance.</li><li>• The student shows a good level of ability to make successful and effective tactical and strategic decisions.</li><li>• The student's contribution is effective, significant and sustained.</li><li>• The student has a high level of general and specific fitness.</li></ul>
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<p style="text-align: center;"><b><u>Blue</u></b></p>	<ul style="list-style-type: none"> <li>• The quality of technique is maintained for most skills but may start to deteriorate in the most challenging practices.</li> <li>• When faced with opposition, decision making is often effective.</li> <li>• They regularly produce the intended results/accuracy.</li> <li>• The student shows the ability to perform technically accurate and expressive movement, usually relevant to the demands of a high level of competition.</li> <li>• The student shows the ability to make successful and effective tactical and strategic decisions with minor lapses.</li> <li>• The student's contribution is usually effective and significant and is sustained for the majority of the game.</li> <li>• The student has a good level of general and specific fitness.</li> </ul>
<p style="text-align: center;"><b><u>Green</u></b></p>	<ul style="list-style-type: none"> <li>• The quality of technique is maintained for most skills but often deteriorates in more challenging practices.</li> <li>• The student is beginning to develop decision making skills but the effectiveness of decision making is inconsistent.</li> <li>• They sometimes produce the intended results/accuracy.</li> <li>• The student shows the ability to perform technically accurate and expressive movement relevant to the demands of an average level of performance, but there may be some obvious weaknesses.</li> <li>• The student's contribution is sometimes effective and significant but it is not entirely sustained throughout the game, with the student being uninvolved during some periods.</li> <li>• The student has a fair level of general fitness and some specific fitness.</li> </ul>
<p style="text-align: center;"><b><u>Yellow</u></b></p>	<ul style="list-style-type: none"> <li>• The quality of technique is maintained for some skills in basic practices but will deteriorate with increased challenge.</li> <li>• The student is beginning to develop decision making skills but decision making is only occasionally effective.</li> <li>• The student's contribution is infrequent throughout the game and is occasionally effective.</li> <li>• The student shows some ability to perform technically accurate and expressive movements but there are significant weaknesses and inconsistencies in their performance.</li> <li>• The student requires improvement in a number of aspects of fitness.</li> </ul>

### **How we support and develop your daughter**

- All students are supported within lessons regardless of previous experience and ability.
- Tasks are differentiated to allow each individual to reach their own personal potential.
- We offer numerous extra-curricular PE clubs during lunchtimes and after school.
- Students who show potential in lessons are encouraged by PE staff to attend our extra-curricular clubs. Any student who excels in an extra-curricular club may also be signposted towards external clubs that they may wish to join.
- We run a number of inclusive inter-house events during the year including netball, hockey, rounders, tennis, athletics and swimming. These allow all students to engage in friendly competition and experience competitive sports.

### **How you can help your daughter**

- Encourage your daughter to be as physically active as possible, both within school and in her own time. This could be achieved by participating in recreational activities such as swimming or by joining a local sports club.
- If you would like further information about sports clubs in the local area then please contact the PE department. We have a comprehensive extra-curricular programme at Nonsuch involving external coaches as well as PE staff; this can be found on Share-Point.

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