


Year 9			
	Cycle 1	Cycle 2	Cycle 3
Key concepts (Head/Heart/Hands)	Head/Heart/ Hands	Head/Heart/Hands	Head/ Heart/Hands
Practical (Procedural Knowledge)	Evaluate and refine Heart: Respect, Teamwork, Resilience, Leadership, Confidence. Head: Feedback, Analysis of performance, Knowledge of tactics and strategies Hands: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.	Evaluate and refine Heart: Respect, Teamwork, Resilience, Leadership, Confidence. Head: Feedback, Analysis of performance, Knowledge of tactics and strategies Hands: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.	Evaluate and refine Heart: Respect, Teamwork, Resilience, Leadership, Confidence. Head: Feedback, Analysis of performance, Knowledge of tactics and strategies Hands: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.
Theory (Substantive/ Declarative Knowledge)	Injury prevention Treatment-RICE Types of risk Acute and chronic treatment of injuries Symptoms of common conditions Knowledge of rules	Training methods: Circuit Fartlek Continuous Interval Weight Plyometrics Principles (FITT) Training intensity Knowledge of rules	Barriers to participation: Solutions to overcome barriers Values of sport Unwritten rules and examples Knowledge of rules
Hinterland Knowledge (Cultural capital)	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands
Disciplinary knowledge	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.
Assessment approach	Mid cycle assessment- Practical assessment/DIN knowledge test End of cycle assessment- Practical/Theory assessment.	Mid cycle assessment- Practical assessment/DIN knowledge test End of cycle assessment- Practical/Theory assessment.	Mid cycle assessment- Practical assessment/DIN knowledge test End of cycle assessment- Practical/Theory assessment.
Homework	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.
Justification	Use HHH model to develop student's physical literacy (Hands) core values inherent in a broad range of activities (HEART) and to gain the knowledge to lead a healthy active lifestyle (Head). We have sequenced the concepts to progress from understanding in year 7 to focus on the application these concepts to sporting activities in year 8 and then evaluating and refining in year 9, which shows the progression model through our sequencing of the curriculum.		