

Year 9 Curriculum Grid PE

Year/term	Intent
9	<ul style="list-style-type: none"> • To deliver lessons that cover a variety for sports to cater for all student interests. • Lessons delivered at different times of the year based on seasonal weather/space/teams. • The priority is to keep students active and engaged. • Opportunities for leadership during warm-up and game related activities (strategies/tactics) • To extend and develop the skills learned in Y7/8 PE • To recap the names of major muscles and bones. To apply the different phases of warm-ups to lessons and be aware of why we warm-up. Recap movements available at joints (covered in Y7 & 8) • As staff to be aware of the language we are using and start referring to different health and skill related components of fitness, applying this terminology to situations within skills and game play
Autumn (Sep – Oct)	<ul style="list-style-type: none"> • To learn and develop skills in the following sports: Netball Basketball Rugby Football • To experience game play as part of an Interform competition (Girls – football, Boys – rugby) • Some lessons will be adapted depending on the weather, space and staffing • Students will cover the following topics: Game play Passing and possession Beating a player/Dribbling/Dodging/1v1 Attacking strategies/shooting Defending strategies/tackling/marketing To learn the following fitness components – cardiovascular fitness, strength, muscular endurance, flexibility,
Winter 1 (Nov - Dec)	<ul style="list-style-type: none"> • To learn and develop skills in the following sporting activities: Lacrosse Handball Hockey • Students will cover the following topics: Game play

Year 9 Curriculum Grid PE

	<p>Passing and possession Beating a player/Dribbling/Dodging/1v1 Attacking strategies/shooting Defending strategies/tackling/marketing</p> <p>Fitness – methods of training, principles of training, designing a fitness programme</p> <p>To learn the following fitness components – agility, balance, coordination, reaction time, speed, power (plus the previous 4)</p>
<p>Winter 2 (Jan – Easter)</p>	<ul style="list-style-type: none"> • To learn and develop skills in the following sporting activities: <p>Football (see above)</p> <p>Table tennis - rules and game play, service and basic shot selection, attacking strategies, defensive strategies</p> <p>Handball (see above)</p> <p>Fitness – methods of training, principles of training, designing a fitness programme</p> <p>Gymnastics/Trampolining – flight, locomotion and balance</p> <ul style="list-style-type: none"> • To experience game play as part of an Interform competition (Girls – netball, Boys – football) • 3 indoor activities (due to the inclement weather at this time of year) to help with engagement and motivation. <p>PSHCE – to cover diet, alcohol and smoking, and first aid</p> <p>To learn about closed and open skills</p>
<p>Summer (Easter - Summer)</p>	<ul style="list-style-type: none"> • To learn and develop skills in the following sports: <p>Tennis - rules and game play, service and basic shot selection, attacking strategies, defensive strategies</p> <p>Rounders – fielding, bowling, batting, gameplay</p>

Year 9 Curriculum Grid PE

	<p>Cricket – fielding, bowling, batting, gameplay</p> <p>Athletics – running (short and long distance), throwing, jumping</p> <ul style="list-style-type: none">• To experience game play as part of an Interform competition (Girls – rounders, Boys – cricket)• Some lessons will be adapted depending on the weather, space and staffing <p>*Some lessons will be adapted depending on the weather, space and staffing</p>
--	--