



# Year 9 Curriculum Grid



## PE

Year/Term	Unit	Intent
Overall		<p>To deliver lessons that cover a variety of sports to cater for all student interests.</p> <ul style="list-style-type: none"> <li>• Lessons delivered at different times of the year based on seasonal weather/space/teams.</li> <li>• The priority is to keep students active and engaged.</li> <li>• Opportunities for leadership during warm-up and game related activities (strategies and tactics).</li> <li>• To extend and develop the same skills learned in Y7/8 PE.</li> <li>• Implement and refine core skills as a team and as individuals.</li> <li>• Plan strategies and implement them in competitive games.</li> <li>• Officiate and coach in small groups.</li> <li>• Some lessons will be adapted depending on weather, space, and staffing.</li> </ul>
Autumn	Games and Individual Activities	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none"> <li>• <b>Association Football</b></li> <li>• <b>Netball</b></li> <li>• Students will cover the following: <ul style="list-style-type: none"> <li>• Game play.</li> <li>• Passing and possession.</li> <li>• Beating a player/dribbling/dodging/1 v 1/2v2/3v2/5v5.</li> <li>• Attacking strategies/shooting.</li> <li>• Defending strategies/tackling/marketing.</li> </ul> </li> <li>• <b>Badminton</b> – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.</li> <li>• <b>Aerobics</b> - Replicate individual technique, exercise to music, linking exercise to healthy lifestyles, lifelong participation and designing routines.</li> <li>• <b>Fitness</b> – methods of training, principles of training, designing a fitness programme.</li> </ul>
Spring	Games and Individual Activities	<ul style="list-style-type: none"> <li>• To experience game play as part of an Interform competition (Girls – Netball/Basketball, Boys – Association Football/Basketball).</li> <li>• <b>Rugby</b></li> <li>• Students will cover the following: <ul style="list-style-type: none"> <li>• Game play.</li> <li>• Passing and possession.</li> <li>• Beating a player/dummy/dodging/1 v 1/2v2/3v2/5v5.</li> <li>• Attacking strategies/shooting.</li> <li>• Defending strategies/tackling/marketing.</li> </ul> </li> <li>• <b>Badminton</b> – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.</li> </ul>



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		<ul style="list-style-type: none"><li>• <b>Fitness</b> – methods of training, principles of training, designing a fitness programme.</li></ul>
Summer	Summer Games and Athletics	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none"><li>• <b>Tennis</b> – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.</li><li>• <b>Rounders</b> – fielding, bowling, batting, gameplay.</li><li>• <b>Softball</b> – fielding, bowling, batting, gameplay.</li><li>• <b>Athletics</b> – running (short and long distance), throwing, jumping.</li><li>• To experience game play as part of an Interform competition (Girls – Rounders, Boys – Softball).</li></ul>