

Year 9 PE Curriculum – 2024-2025

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	Autumn Term		Spring Term		Summer Term	
	1	2	1	2	1	2
Key Concepts	Outwitting Opponents - team	Developing Health, Fitness and Swimming	Outwitting Opponents, develop technique and improve performance	Athletic Activities, and Artistic Expression	Outwitting Opponents - Striking and Fielding	Outwitting Opponents - Individual
Knowledge & Understanding (National Curriculum)	<ul style="list-style-type: none"> -Developing team attacking and defending strategies and techniques. -Select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents. -In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points. 	<ul style="list-style-type: none"> -Develop water confidence, front, back and breast stroke. Introduction of breathing technique. -Development of self rescue skills - rescue others/group rescue -Introduction to Rookie lifeguard -Continue to improve personal fitness and analyse performance in order to improve personal best. 	<ul style="list-style-type: none"> -Apply basic principles of attack and defence to plan strategy and tactics. They work on improving the quality of their skills using various techniques too. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition. -Analyse performance compared to previous ones and demonstrate improvement to achieve their personal best. -Use complex combinations of skills, movements and actions with quality and dynamic control 	<ul style="list-style-type: none"> -Further enhance replication and performance across all disciplines, gaining a deeper understanding of fitness and its relationship to performance. -Focus on planning, preparing for and competing in a range of athletic competitions organised by themselves and others. -In athletic activities, performance of skills and personal and collective bests in relation to speed, height and distance. 	<ul style="list-style-type: none"> -Accurate replication & further development, implementation and refinement of techniques for batting, bowling/pitching and fielding. -Further development on the skill of outwitting opponents. -Accurately score games & understand rules. -Respond and adapt effectively to changing situations to have a positive influence on the game. 	<ul style="list-style-type: none"> -Replicate and develop techniques in isolation in individual sports/activities as well as implement and refine strategic play to outwit opponents. -Demonstrate the essential elements of attack and defence in pressurised and changing situations.

Skills	R <i>Develop</i> RESILIENCE	Physical Education develops resilience by engaging students in challenging physical activities that require persistence, effort, and adaptability. Through sport and physical activity, students learn to push their limits, manage failures, and recover from setbacks. This continuous process of facing and overcoming physical challenges helps build mental toughness, discipline, and a growth mindset, all of which are essential components of resilience. Furthermore, PE often involves teamwork and social interaction, which foster communication skills, empathy, and support networks that contribute to overall emotional resilience.
	A <i>Possess</i> AMBITION	Physical Education raises ambition and aspirations by exposing students to goal-setting and achievement through sports and physical activities. Participating in PE helps students experience the rewards of hard work and dedication, as they see improvements in their physical abilities and sports performance. This sense of accomplishment encourages them to set higher goals and strive for excellence not only in sports but also in other areas of their lives. Additionally, positive experiences in PE can inspire students to pursue athletic careers or adopt lifelong healthy habits, further broadening their aspirations and encouraging them to be ambitious.
	I <i>Demonstrate</i> INTEGRITY	Students can demonstrate integrity in PE and physical activity by adhering to the rules of the game, showing respect to teammates, opponents, and coaches, and displaying good sportsmanship. This includes being honest about their own performance, such as acknowledging if a ball was out of bounds or if they committed a foul, even when it goes unnoticed. Integrity is also shown by putting in genuine effort, not cutting corners in exercises or drills, and encouraging fair play. By maintaining a commitment to ethical behaviour and fairness, students contribute to a positive and respectful sporting environment.
	S <i>Embed</i> Self-Discovery	Students can embed self-discovery in PE and physical activity by exploring their physical limits, identifying their strengths and areas for improvement, and discovering personal interests in different sports and exercises. Engaging in a variety of physical activities allows students to understand what motivates them, how they respond to challenges, and what strategies work best for their personal growth. This process of self-reflection and experimentation helps students gain insights into their capabilities, preferences, and resilience, helping to develop a deeper understanding of themselves that extends beyond physical education into other aspects of life.
	E <i>Display</i> EMPATHY	Students can display empathy in PE and physical activity by being supportive and understanding towards their peers, recognising and respecting their varying abilities and challenges. This can involve offering encouragement, helping teammates improve their skills, and being considerate of others' feelings during competitive situations. By showing kindness and patience, such as helping someone who is struggling with a drill or celebrating others' successes, students create an inclusive and positive environment. Demonstrating empathy in PE fosters a sense of community and teamwork, emphasising the importance of mutual respect and cooperation.

<p>Curriculum Links</p>	<p>Introduction of a new invasion game - Aussie rules</p> <p>Development of tackling and evading skills built in from rugby in Y8</p> <p>Develops on previous physical literacy and competence</p>	<p>School by the sea Progression in swimming distance and self rescue skills. Apply rescue skills to start rookie lifeguard training.</p> <p>Students understand how the body functions and can use knowledge of training to develop in other areas across the curriculum.</p> <p>Introduction of different training methods linking to KS4 academic classes.</p>	<p>Develop communication, trust and resilience through a range of skills.</p> <p>Students should apply leadership skills in different contexts.</p> <p>Continue to analyse performance from the previous term (swimming). Introduction of a new invasion game - Handball combination of basketball and netball/football.</p>	<p>Students build on Y8 athletics results and aim to achieve their personal best in athletics.</p> <p>Perform at maximum levels</p> <p>Introduction of trampolining to refine skills and perform routines progressing from dance.</p>	<p>Introduction of a new sport - softball.</p> <p>progression from cricket/rounders.</p> <p>To prepare students for key terminology and concepts.</p> <p>Develop physical literacy and competence from Y8</p> <p>Develop knowledge of rules and regulations</p>	<p>Introduction of a new sport - Table tennis.</p> <p>progression from Y8 badminton/tennis.</p> <p>Develops on previous physical literacy and competence</p> <p>progression to KS4</p>
<p>Assessment</p>	<p>Take responsibility when officiating making accurate decisions in high pressure situations.</p> <p>Show confidence and integrity when making decisions and justify these through effective communication.</p> <p>Perform advanced skills using a range of fitness components and perform in different training zones/thresholds and achieve personal best</p>	<p>Plan and lead a skill based drill or warm up to the whole group linking to aerobic and anaerobic endurance.</p> <p>Demonstrate a high level of cardiovascular endurance, muscular endurance and speed to gain an advantage in a competitive situation.</p>	<p>Analyse performance and develop targets in order to improve</p> <p>Show RESILIENCE to overcome barriers and act as a role model to support and encourage peers to improve and achieve their personal best.</p> <p>Perform skills with fluency and consistency to outwit opponents and achieve personal best.</p>	<p>Show confidence and integrity when making decisions and justify these through effective communication.</p> <p>Perform advanced skills using a range of fitness components and perform in different training zones/thresholds and achieve personal best</p>	<p>Implement strategies and tactics to outwit opponents in a competitive situations</p> <p>Plan and lead a skill based drill or warm up to the whole group linking to aerobic and anaerobic endurance.</p> <p>Demonstrate a high level of cardiovascular endurance, muscular endurance and speed to gain an advantage in a competitive situation.</p>	<p>Analyse performance and develop targets in order to improve</p> <p>Show RESILIENCE to overcome barriers and act as a role model to support and encourage peers to improve and achieve their personal best.</p> <p>Perform skills with fluency and consistency to outwit opponents and achieve personal best.</p>



<p>Aspirations & Careers</p>	<p>House games Extracurricular clubs Extracurricular fixtures/teams Development of key skills - leadership, whole school values External coaches National sports week Enrichment week - sports day Achieving personal best Newsletters/TV - Celebrating achievement DofE</p>					