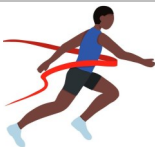




Year 9 Physical Education Curriculum



Term	Curriculum content
Michaelmas 1  	<u>Girls:</u> Football, pupils will be learning about rules such as offside. They will perfect their dribbling, passing and have learn more about shooting. Students develop their communication skills both physically and verbally during competitive game situations. Training for potential teams in both boys and girl's cups and fixtures. <u>Boys:</u> Rugby, pupils will participate in a lot of game play focusing deeper on rucking and scrums as well as tackling with the correct technique. Training for rugby festivals. <u>Both:</u> Sports Leader , pupils will have the opportunity to take our sports leader course which consists of them learning how to deliver a session to primary school students. These pupils will learn responsibility, gain confidence and key knowledge needed to teach a class of pupils.
Michaelmas 2  	<u>Girls:</u> Rugby, pupils will participate in a lot of game play focusing deeper on rucking and scrums as well as tackling with the correct technique. Training for rugby festivals. <u>Boys:</u> Football, pupils will be learning about rules such as offside. They will perfect their dribbling, passing and have learn more about shooting. Students develop their communication skills both physically and verbally during competitive game situations. Training for potential teams in both boys and girl's cups and fixtures. <u>Both:</u> Sports Leader—continuation
Lent 1 	<u>Girls:</u> Trampolining, pupils will learn simple trampolining skills such as star jump, straddle jump, tuck jump, 1/2 twist, full twist and seat landings. By the end of the half term pupils will be creating their own routines. <u>Boys:</u> Table Tennis/Badminton, pupils will learn different skills such as a back spin to add flare into their game. They will perfect their backhand and forehand movements as well as overhead clear in badminton. <u>Both:</u> Sports Leader—continuation
Lent 2  	<u>Girls:</u> Netball, pupils will develop their knowledge of the different types of passing (chest, bounce and shoulder). They will also lead sessions where they are coaching and umpiring and giving corrections on the different positions and rules. Training for potential teams in both boys and girl's cups and fixtures. <u>Boys:</u> Table Tennis/Badminton, pupils will learn different skills such as a back spin to add flare into their game. They will perfect their backhand and forehand movements as well as overhead clear in badminton.
Trinity 1  	<u>Batting and Fielding Games</u> Rounders, pupils will develop and perfect their throwing, batting and catching techniques as well as the rules of the game and positioning. Some students will act as umpires for the game. Cricket, pupils will develop and perfect their throwing, batting and catching techniques as well as the
Trinity 2 	<u>All students:</u> Athletics, pupils will learn the techniques for <u>Track events</u> – 100m, 200m, 1500m and 4x100m. Exit from a block when sprinting and also relay batons exchange. <u>Field events</u> – shot-put, discus and javelin.