



## **Curriculum Plans - Year 9 - Physical Education**

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 9 in Key Stage 3.

	through Year 9 in Key Stage 3.											
	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7					
	Badminton/	Tennis/ Swimming	Volleyball	Football/	Handball	Netball/	Cricket, Athletics,					
	Adventure Days		,	Adventure Day		Adventure Days	Sports Days &					
		Technical/Tactical:	Technical/Tactic		Technical/Ta		BISL Olympics					
	Technical/Tactical:	service, forehand,	al: underhand	Technical/Tactic	ctical:	Technical/Tactical:						
	service, drop shot,	backhand, volley,	serve, dig, set,	al: passing,	passing,	passing, footwork,	Technical/Tactical:					
	and playing to space.	and playing to	spike and play to	receiving,	receiving,	shooting,	passing, receiving,					
	Students will apply	space. Students	space.	dribbling,	dribbling,	positional play,	striking, and					
	balance, agility,	will apply balance,	Students will	finishing, and	finishing,	marking,	feilding.					
	coordination, power, and improved	agility, coordination,	apply balance, agility,	making decisions under	and making decisions	defending, and decision	Students will apply speed, agility, and					
	reaction time.	power, and	coordination,	pressure.	under	making.	improved reaction					
	reaction time.	improved reaction	power, and	Students will	pressure.	Students will apply	time.					
	Psychological:	time.	improved	apply speed,	Students will	agility, balance,	time.					
	positive approach to		reaction time.	agility, power,	apply speed,	and improved	Psychological:					
	play and	Psychological:		and improved	agility,	coordination.	positive approach					
	concentration.	positive approach	Psychological:	reaction time.	power, and		to play and					
		to play and	positive		improved	Psychological:	concentration.					
	Social: working	concentration.	approach to play	Psychological:	reaction	positive approach						
	independently,		and	positive	time.	to play and	Social: teamwork					
	communicating	Social: working	concentration.	approach to play		concentration.	and managing					
	rules.	independently and	6 . 1	and	Psychologica	6	success and failure.					
	Students will apply	communicating	Social: working	concentration.	l: positive	Social: teamwork	C+l+:11					
	their technique and improve their	rules. Students will apply	independently and	Social:	approach to play and	and managing individual success	Students will demonstrate					
	performance	their technique	communicating	teamwork and	concentratio	and failure.	throwing and					
	making contact with	and improve their	rules.	managing	n.	Students will	catching in					
	the shuttle, using	performance		success and		participate in team	isolation and in					
	underarm and	making contact	Students will	team failure.	Social:	games, and will	combination as					
	overarm techniques.	contact with the	apply their	Students will	teamwork	use a range of	well as apply					
ں	Students will use a	tennis ball, and	technique and	participate in	and	tactics and	balance, agility and					
Topic	range of tactics and	using	improve their	team games, and	managing	strategies to	coordination.					
⊢	strategies to	forehandand,	performance	will use a range	success and	overcome	Students will apply					
	overcome opponents in direct	backhand and volley techniques.	making contact contact with the	of tactics and strategies to	team failure.	opponents in direct competition.	these skills in co- operative and					
	competition.	Students will use a	volleyball, using	overcome	Students will	direct competition.	competitive					
	Students will apply	range of tactics	underarm and	opponents in	participate in	Sudents take part	physical activities.					
	the technique and	and strategies to	overarm	direct	team games,	in outdoor and	<b>[</b>					
	rules of serving.	overcome	techniques and	competition.Stu	and will use	adventurous	Students will					
	Students take part in	opponents in	will use a range	dents take part	a range of	activities which	analyse their					
	outdoor and	direct competition.	of tactics and	in outdoor and	tactics and	present	performances					
	adventurous	Students will	strategies to	adventurous	strategies to	intellectual and	compared to					
	activities which	apply the	overcome	activities which	overcome	physical challenges	previous ones and					
	present intellectual	technique and	opponents in	present	opponents	and are	demonstrate					
	and physical	rules of serving.	direct competition.	intellectual and physical	in direct competition.	encouraged to	improvement to achieve their					
	challenges and are encouraged to work	Students will swim	Students will	challenges and	competition.	work in a team,	personal best with					
	in a team, building	competently and	apply the	are encouraged	Opportuniti	building on trust	running, jumping,					
	on trust and	confidently using a	technique and	to work in a	es for	and developing skills to solve	and throwing					
	developing skills to	range of strokes	rules of serving.	team, building	everyone:	problems, either	through a range of					
	solve problems,	over a distance of	_	on trust.	discussing	individually or as a	athletics					
	either individually or	at least 25 metres.	Better together:	The working	proactive	-	competitions					
	as a group.	Students can	continue to	world: how cities	behaviours	group.	during sports days.					
		perform safe self-	develop	are using	that make		1114					
	Dianning for	rescue in different water-based	friendships and create an anti	sporting events	people from	Keep it green,	Healthy body:					
	Planning for tomorrow:	situations.	bullying PE	to improve social,	all backgrounds	keep it clean: discussion on ways	healthy mind: discussions on the					
	discussions of how	World around us:	environment.	environmental	feel	professional sports	interaction					
	sporting facilities	discussions on		and economic	welcome.	are going green.	between your					
	and sporting events	Black history		conditions.		]	mind, body and					
	are turning towards	month and					sport .					
	clean energy.	discrimination in										
		sport.										





Assessments	Badminton Assessment Fitness Assessment	Tennis Assessment Swimming Assessment	Volleyball Assessment Fitness Assessment	Football Assessment	Handball Assessment Fitness Assessment	Netball Assessment	Cricket Assessment Athletics Assessment
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