

## Year 9 Physical Education

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Girls	Netball	Hockey	Tag Rugby	Dance	Striking and fielding	Striking and fielding
	Boys	Training programmes	Badminton	Football	Basketball	Athletics (field)	Athletics (track)
		Training programmes	Rugby	Hockey	Football	Striking and fielding	Striking and fielding
		Basketball	Dodgeball	Badminton	Handball	Athletics (track)	Athletics (field)
Activities are consistent throughout the year, however the order in which all pupils cover them will vary.							
Assessment	<p>All pupils are assessed in each sport under the categories of evaluation and analysis, knowledge of rules, ability to perform skills in isolation and their teamwork.</p> <p>All pupils have their engagement with learning, co-operation with staff and other students, resilience and their organisation reported on as well.</p>						

Building on Prior Learning	PE builds on prior learning by revisiting core skills and rules taught in Year 8 and starting to apply these to both conditioned and full-sided games with increasing levels of pressure.
Links with other subjects	PE has cross-curricular links with a variety of subjects including Mathematics with the measuring and recording of times and distances in Athletics as well as comparing data to national norms. There are links with Science in relation to the body systems, promoting a healthy lifestyle, muscular and skeletal systems. Food Technology links with PE when discussing what should be included in a healthy diet.
Extracurricular opportunities	Students are encouraged to take part in Extra Curricular clubs and we offer a wide range of sports every term during lunchtime and after school. Students can represent the School competitively in a number of sports including Netball, Football, Cross Country, Athletics, Swimming, Orienteering as well as a variety of others through the School Games competitions. Other recreational activities include Badminton, Girls active, Dodgeball as well as House competitions.
A successful learner in this subject will demonstrate	Successful PE students will be enthusiastic and willing to fully participate in all sports delivered. Successful students in Year 9 PE will demonstrate a variety of skills learnt throughout the year and be able to apply tactics to the sports being played in both a conditioned environment and a full sided game. Students will be able to logically think about tactics/strategies and discover new ways to excel within sport. Communication skills will be



	developed as will confidence in speaking to others in a professional context.
Impact on personal development	PE will help student's physical and mental well-being and assist with reducing stress and anxiety levels amongst students. PE promotes an opportunity for students to work on a large range of personal skills such as leadership, interacting and working as a team, resilience, dealing with setbacks, adaptability and empathy of others. PE will inspire and motivate students to become lifelong participators in physical activity outside of school life.

<b>Ways to support student learning in this subject</b>
<ul style="list-style-type: none"><li>• Encourage students to participate in extracurricular activity inside or outside of school.</li><li>• Encourage students to lead a healthy active lifestyle and know what factors could have an impact on their performance in school.</li><li>• Ensure students always have their PE kit even when they are not physically able to participate as their learning can be extended in alternative ways such as coaching, leading and officiating.</li><li>• Have a positive attitude towards PE and encourage full participation.</li><li>• Encourage interest in major sporting events such as The Olympics.</li><li>• Be a positive role model.</li><li>• Discuss future opportunities within PE.</li><li>• Question what skill, tactics and strategies they have been taught.</li></ul>