

AUTUMN 1

GIRLS Netball – complex passing, catching, footwork, rules, gameplay. Positional and spatial awareness.	GIRLS Trampolining –shapes, landings, short routine. Linking twists into movements and front landings. Back landings and rotation.	BOYS Football – advanced shooting, dribbling, applying different passing techniques and rules. Developing strategies and tactics.	BOYS Badminton – use a range of shots and grips, outwitting an opponent, rules and positional play. Application of rules.	Prior Learning Learning studied in Year 8 Autumn 1.
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AUTUMN 2

GIRLS Hockey – dribbling techniques, range of passing, tackling, shooting, outwitting an opponent, applying rules in games.	GIRLS Dance – replicate and choreograph a contemporary dance routine.	BOYS Rugby – Perform range of passes, tackling, beating an opponent, application of rules, tactical plays.	BOYS Gymnastics – Twisting, turning and rotation.	Prior Learning Learning studied in Year 8 Autumn 2.
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SPRING 1

GIRLS Fitness – cross country, aerobics, circuit training. Understanding of HR and training zones.	BOYS Fitness – cross country, aerobics, circuit training. Understanding of HR and training zones.	Prior Learning Learning studied in Year 8 Spring 1.
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SPRING 2

GIRLS Football –using a range of shooting, dribbling passing techniques. Understanding of positions, roles and rules.	GIRLS Trampolining –shapes, landings, short routine. Linking twists into movements and front landings. Back landings.	GIRLS Trampolining –shapes, landings, short routine. Linking twists into movements and front landings. Back landings.	BOYS Basketball - passing, Receiving, outwitting defenders, shooting, dribbling. Strategies for defence and attack. Application of rules and techniques.	Prior Learning Learning studied in Year 8 Spring 2.
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SUMMER 1

GIRLS Rugby – perform range of passes, tackling, beating an opponent, application of rules, tactical plays.	GIRLS Badminton – use a range of shots and grips, outwitting an opponent, rules and positional play.	BOYS Netball – complex passing, catching, footwork, rules, gameplay. Positional and spatial awareness.	BOYS Trampolining –shapes, landings, short routine. Linking twists into movements and front landings. Back landings.	Prior Learning Learning studied in Year 8 Summer 1.
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SUMMER 2

GIRLS Rounders/ Cricket - fielding skills of throwing, catching, stopping and retrieving a ball, batting, rules of the game. Tactics in game play.	GIRLS Athletics - replicate running, jumping and throwing skills and learn specific techniques for events.	BOYS Rounders/ Cricket - fielding skills of throwing, catching, stopping and retrieving a ball, batting, rules of the game. Tactics in game play.	BOYS Athletics - replicate running, jumping and throwing skills and learn specific techniques for events.	Prior Learning Learning studied in Year 8 Summer 2.
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CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness Instructor
Physio Therapist
Sport Scientist
Sports Development officer
Leisure and tourism industry

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues).
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues).

KEY ASSESSMENT DATES

Students are assessed in each activity at the end of each block.