



## Curriculum Plans - Year 9 - Physical Education - Academic Year 2023/24

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:	T       /T +    -					
	service, drop shot, and playing to space.	backhand, volley, and playing to	serve, dig, set, spike and play to	al: passing, receiving,	passing, receiving,	passing, footwork, shooting,	Technical/Tactical: 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,	agility,	apply balance,	making decisions	and making	defending, and	Students will apply					
	and improved	coordination,	agility,	under	decisions	decision	speed, agility, and					
	reaction time.	power, and	coordination,	pressure.	under	making.	improved reaction					
		improved reaction	power, and	Students will	pressure.	Students will apply	time.					
	Psychological:	time.	improved	apply speed,	Students will	agility, balance,	5					
	positive approach to	D 1 1 . 1	reaction time.	agility, power,	apply speed,	and improved	Psychological:					
	play and concentration.	Psychological: positive approach	Psychological:	and improved reaction time.	agility, power, and	coordination.	positive approach to play and					
	concentration.	to play and	positive	reaction time.	improved	Psychological:	concentration.					
	Social: working	concentration.	approach to play	Psychological:	reaction	positive approach	concentration.					
	independently,		and	positive	time.	to play and	Social: teamwork					
	communicating	Social: working	concentration.	approach to play		concentration.	and managing					
	rules.	independently and		and	Psychologica		success and failure.					
	Students will apply	communicating	Social: working	concentration.	l: positive	Social: teamwork						
	their technique and	rules.	independently		approach to	and managing	Students will					
	improve their	Students will apply	and	Social:	play and	individual success	demonstrate					
	performance making contact with	their technique and improve their	communicating rules.	teamwork and managing	concentratio n.	and failure. Students will	throwing and catching in					
	the shuttle, using	performance	rules.	success and	11.	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					
١.,	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	backhand and	making contact	of tactics and	team failure.	opponents in	these skills in co-					
	opponents in direct competition.	volley techniques. Students will use a	contact with the volleyball, using	strategies to overcome	Students will	direct competition.	operative and competitive					
	Students will apply	range of tactics	underarm and	opponents in	participate in	Cudanta talea nant	physical activities.					
	the technique and	and strategies to	overarm	direct	team games,	Sudents take part in outdoor and	priysical activities.					
	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 present intellectual	apply the	overcome	activities which	overcome	physical challenges	previous ones and					
	and physical	technique and rules of serving.	opponents in direct	present intellectual and	opponents in direct	and are	demonstrate improvement to					
	challenges and are	rules of serving.	competition.	physical	competition.	encouraged to	achieve their					
	encouraged to work	Students will swim	Students will	challenges and	oopou.uo	work in a team, building on trust	personal best with					
	in a team, building	competently and	apply the	are encouraged	Opportuniti	and developing	running, jumping,					
	on trust and	confidently using a	technique and	to work in a	es for	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	<b>5</b>	on trust.	discussing	individually or as a	athletics					
	either individually or	at least 25 metres.	Better together:	The working	proactive	group.	competitions					
	as a group.	Students can perform safe self-	continue to develop	world: how cities are using	behaviours that make	8	during sports days.					
		rescue in different	friendships and	sporting events	people from	Keep it green,	Healthy body:					
	Planning for	water-based	create an anti	to improve	all	keep it clean:	healthy mind:					
	tomorrow:	situations.	bullying PE	social,	backgrounds	discussion on ways	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										
1	1	sport.		l	1		i l					





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