

# Year 9

## Core PE



### Overview

In Year 9 students will have an understanding of the core skills and some advanced skills across a range of sports across the PE curriculum. Students will now be taught to apply their skills and be able to use them to outwit opponents. Students will gain an understanding of tactics and strategies needed during competitive situations. Students will still be assessed on their performance, effort and engagement and their knowledge will then be taken in to KS4 when they work towards their GCSE's.



### Half Term 1



Students will be taught to recap on their previous knowledge from Year 7 and 8. They will now be taught to apply this knowledge to competitive situations and be able to use tactics and strategies to outwit opponents. Students will also be taught techniques in a more detailed way so that they are fully prepared for GCSE PE.



### Half Term 2



Students will be taught the tactic and strategies to use in Badminton and Pickleball. Students will focus on recapping on their skills performance but will then need the knowledge to make decisions at the right time. Students will need this knowledge and understanding and perform to a good level and to be able to have the foundations going into KS4.



### Half Term 3

Students will be taught the core skills and some advanced skills to perform in Table Tennis and Handball. In these sports, students will improve their physical and technical skills to perform effectively. Students will learn the basic knowledge and understanding of the skills and rules in Table Tennis. They will also learn the tactics and strategies needed to attack and defend in Handball.



### Half Term 4



Students will learn vital skills in Outdoor Adventurous Activities and Fitness. Students will test their fitness levels through appropriate testing and will work to improve these through different methods of training. During OAA, students will take part in team building and endurance activities outside of school, such as climbing and hiking.



### Half Term 5

Students will be able to develop the skills they have attained for striking and fielding sports. Students will be working on the tactics and strategies needed to perform in striking and fielding games effectively. Students will be taught these skills across a range of striking and fielding games, such as Cricket, Rounders and Softball.



### Half Term 6

Students will perform in a range of athletic events, such as sprinting, long distance events and field events. Students will be taught the correct technique to set up and finish in these events, to a GCSE level. They will then apply this knowledge and perform in a school Sports Day.

