

Topic Lists

Year 9 PE

In Year 9, pupils have a weekly PE lesson with their form where they develop their physical literacy through a wide range of sports such as basketball and badminton. This is in addition to a weekly games lesson where pupils rotate between netball, hockey and swimming lessons.

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| Autumn Term | Badminton- Pupils will replicate and develop core skills and movements including; forehand, backhand, clear, serves and smash shot. |
| | Basketball- Through the sport education model, pupils learn about the value of team work, shared responsibility and alternative participation roles; whilst also developing new physical skills. |
| | Hockey- Pupils will learn about more advanced attacking strategies including accuracy of shooting. Pupils will also be encouraged to develop their leadership roles through purposeful game play and team challenges. |
| | Netball- Pupils will learn about more advanced tactical structures such as zone defence, overloading a defender and a reverse pivot in the goal circle. |
| | Swimming strokes + Water polo- Pupils apply their swimming strokes and aquatic skills when learning about water polo for the first time. |
| Spring Term | Fitness Suite- introduction to training programmes |
| | Dance- Pupils embed ASDR and motif development when creating GCSE specification group dances; exploring more sophisticated choreographic skills whilst demonstrating expressive and performance skills. |
| | Swimming strokes + Water polo |
| | Hockey Continuation from Autumn Term Netball |
| Summer Term | Rounders- Pupils will develop their batting skills to overcome the defensive structure of the fielding team including playing along the line, playing long and batting for half. |
| | Athletics- Pupils will work with more independence and problem-solving opportunities in order to improve their horizontal distance or vertical height. |
| | Tennis- Pupils will focus on doubles game play including tactics, shot selection and developing a successful partnership. |
| | Cricket- batting stance/grips, backing up the wicket, running the batter out and continuing to develop the overarm bowl. |

Please note that the order of delivery is continuously reviewed and may be altered if we feel that this would be appropriate; we aim to cover all of the topics listed above at some point in the academic year.