



## Physical Education Curriculum Overview - Year 9

|               | Unit  | Details  |
|---------------|---|--|
| Autumn<br>One | <b>Badminton</b>  | We will develop the skills of badminton so that pupils can use more strategies and tactics to outwit an opponent. Pupils will develop competitive strategies and get the opportunity to compete in school competitions.  |
| Autumn<br>Two | <b>Fitness</b>  | This will link with GCSE Sports studies. Pupils will be able to develop their knowledge of components of fitness and methods of training, being introduced to more methods and begin to design their own training programs.  |
| Spring<br>One | <b>Volleyball</b>   | As this is a net/wall game we will link the strategies from badminton and table tennis so that pupils can link the strategies and tactics learnt in other netwall games. They will develop the skills of volleyball so that they can link play together.   |
| Spring<br>Two | <b>Basketball</b>   | After playing other invasion games the strategies and tactics used will be linked and transferred across to basketball. Specific skills to basketball will be developed so that pupils can look at more advanced techniques to score.  |
| Summer<br>One | <b>Athletics</b>  | Pupils will look to develop their skills and techniques to improve their personal best in different events in sprinting, throwing and distance running. They will have the opportunity to compete in intra school and inter school events.   |
| Summer<br>Two | <b>Rounders / tennis<br/>Sports leaders opportunities</b> | Pupils will continue to develop and use a range of tactics and strategies to overcome opponents in direct competition through games. Linking tactics used in other striking fielding games such as rounders and cricket will link these tactics together. In this term pupils will have the opportunity to work with other pupils in the school running and assisting with events to help develop their leadership skills. |