

Curriculum Overview: Year 9 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Fitness,	Topic: Fitness,	Topic: Fitness,	Topic: Fitness,	Topic:	Topic: Athletics
Gymnastics/Dance,	Gymnastics/Dance,	Gymnastics/Dance,	Gymnastics/Dance,	Cricket/Rounders	
Badminton, Rugby,	Badminton, Rugby,	Badminton, OAA, Rugby,	Badminton, OAA, Rugby,		
Football, Netball	Football, Netball	Football, Netball	Football, Netball		
Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning
 use a range of tactics 	- use a range of tactics	- use a range of tactics and	- use a range of tactics and	- use a range of tactics	- use a range of tactics
and strategies	and strategies	strategies	strategies	and strategies	and strategies
-develop their technique	-develop their technique	-develop their technique	-develop their technique	-develop their technique	-develop their technique
and improve their	and improve their	and improve their	and improve their	and improve their	and improve their
performance	performance	performance	performance	performance	performance
-using advanced dance	-using advanced dance	-using advanced dance	-using advanced dance	-developing skills to solve	-developing skills to solve
techniques	techniques	techniques	techniques	problems	problems
-developing skills to solve	-developing skills to solve	-developing skills to solve	-developing skills to solve	-analyse their	-analyse their
problems	problems	problems	problems	performances	performances
-analyse their	-analyse their	-analyse their	-analyse their	-take part in competitive	-take part in competitive
performances	performances	performances	performances	sports and activities	sports and activities
-take part in competitive	-take part in competitive	-take part in competitive	-take part in competitive	Stretch and Challenge	Stretch and Challenge
sports and activities	sports and activities	sports and activities	sports and activities	Enquiry	Enquiry
Stretch and Challenge	Stretch and Challenge	Stretch and Challenge	Stretch and Challenge	-What does lactic acid do	-What is muscle
Enquiry	Enquiry	Enquiry	Enquiry	to the body?	hypertrophy?
-What are the six types of	-What are the two types	-What are the three types	-What is cardiac output?		
synovial joint?	of muscle contraction?	of lung volumes?			
Equipment Needed		Wider Reading		Family activities	
Red or black T shirt/Polo Shirt		https://www.gov.uk/government/publications/national-curriculum-		• Ensure your child is prepared for their PE lessons by having	
Black Shorts/Tracksuit Bottoms		in-england-physical-education-programmes-of-study		the correct PE kit	
Red or black Sweatshirt/Jumper		https://www.bbc.co.uk/bitesize/subjects/zdhs34j		 Encourage your child to take part in PE/Sport extra-curricular activities at achord 	
Trainers Dad or black Factball Seaks		Ittps://www.bbc.co.uk/bitesize/subjects/zuits54j		 activities at school Provide opportunities for your child to take part in physical 	
Red or black Football SocksFootball Boots and shinpads				activity (exercise or sport) outside of school	
 NO Coats, Zipped Jackets or Hoodies 				 Encourage your child to watch sport e.g. on TV 	
Please mark your kit with your full name					-