

23/24 KS3/Y9 PE Curriculum Overview

Year	Autumn 1 (Sept-Oct)		Autumn 2 (Nov-Dec)		Spring 1 (Jan-Feb)		Spring 2 (Mar-Apr)		Summer 1 (May-Jun)	
Year 9 AL , ZD	Active Play: Invasion and Cooperative Games Rugby, Football, Basketball, Handball, Hockey, Frisbee	Active Play: Invasion and Cooperative Games Rugby, Football, Basketball, Handball, Hockey, Frisbee	Creative/ Rhythmic and expressive movement: Gymnastics / Dance	Active Play: Net and wall Tennis / Four Square / Badminton / Volleyball	Active Play: Striking and Fielding Rounders/ Softball / Cricket/ Kickball	Active Living / Health Related Fitness	Athletics / XC House activities	Outdoor Adventurous Activities (OAA) Teamwork, Cooperation, Decision-making	Active Play: Invasion and Cooperative Games Rugby, Football, Basketball, Handball, Hockey, Frisbee	Swimming / Core Aquatic Skills

Year 9 PE Curriculum: In Year 9, the PE curriculum is designed with the following intentions:

- **Strategic Skill Application:** Students will master the art of combining and adapting skills and tactics in order to strategically outmanoeuvre opponents in various small-sided competitions. They will learn to seamlessly transfer skills and knowledge between different activities, fostering a well-rounded sporting capability.
- **Strategic Analysis and Planning:** Pupils will acquire the ability to critically assess their own strengths and weaknesses, as well as those of their opponents. This analysis will be used to formulate effective strategies that capitalise on available space, leading to successful outcomes. Moreover, students will devise action plans to continuously enhance their personal performance.
- **Leadership and Management:** Developing leadership skills, students will become adept at overseeing equipment, space, and their peers. This includes managing resources efficiently and effectively, as well as facilitating positive interactions within the sports context.
- **Athletics and Problem Solving:** The curriculum incorporates athletics and outdoor and adventurous activities, allowing students to cultivate problem-solving abilities. Engaging in these activities, they will learn to navigate challenges and make informed decisions in dynamic settings.
- **Fitness Training Principles:** Pupils will gain comprehensive knowledge of fitness training principles, empowering them to understand and implement effective training strategies. This knowledge contributes to their overall physical development.
- **Lifelong Engagement:** Encouraging a lifelong connection with physical activity, students will be motivated to access training and competitive sports opportunities beyond the school environment. This participation outside of school is aimed at fostering enduring engagement in physical pursuits.

By the conclusion of Year 9, students will have honed their strategic thinking, analytical skills, leadership capabilities, and problem-solving proficiency. This multifaceted approach to physical education equips them not only with sports-specific expertise but also with essential life skills.