

PE Year 9 Curriculum

<p>Half Term 1</p> <p><u>Development of skill and tactics in one of the following sports netball, gymnastics, football, badminton, athletics</u></p> <ul style="list-style-type: none"> • Benefits of a health active lifestyle • Understanding of resilience • Importance of a warm up. • Understanding of fitness level and the different training methods that improve your fitness (Interval, fartlek, circuit). 	<p>Half Term 2</p> <p><u>Development of skill and tactics in one of the following sports netball, gymnastics, badminton, tag rugby and swimming.</u></p> <ul style="list-style-type: none"> • Focus on phases/importance of a warmup and cool down. • Continual development of fitness levels and knowledge of continuous training. • Participation in an interform competition. • Taster session on a new sport. 	<p>Half Term 3</p> <p><u>Development of skills and tactics in one of the following sports - swimming, netball, badminton, football, tag rugby.</u></p> <ul style="list-style-type: none"> • Focus on the muscles in the body. • Continual development of fitness levels and knowledge of circuit training.
<p>Half Term 4</p> <p><u>Development of skills and tactics in one of the following sports : gymnastics, football, softball, athletics and badminton.</u></p> <ul style="list-style-type: none"> • Focus on muscles and muscles movements related to sporting actions. • Participation in an interform competition. • Continual development of fitness levels and knowledge of fartlek training. 	<p>Half Term 5</p> <p><u>Development of skills and tactics in one of the following sports : rounders, badminton, athletics and football.</u></p> <ul style="list-style-type: none"> • Focus on bones in the body. • Continual development of fitness levels and knowledge of interval training. • Taster session on a new sport. 	<p>Half Term 6</p> <p><u>Development of skills and tactics in one of the following sports : rounders, softball, athletics and badminton.</u></p> <ul style="list-style-type: none"> • Focus on joints in the body. • Participation in an interform competition. • Taster session on a new sport.