



	Term 1	Term 2	Term 3
PRIOR LEARNING	In KS2, Year 7 and Year 8, pupils will have learnt to use a range of tactics and strategies in a variety of sports to overcome opponents in direct competition, in both team and individual games. Pupils will have also been taught how to develop their technique and how to improve their performance in a wide range of competitive sports. In year 8, pupils will have been able to analyse their performance in a range of activities to allow them to compare their performance and demonstrate knowledge of how to improve to achieve their personal best. The year 7 and 8 curriculum will also have allowed pupils to take part in Outdoor and Adventurous activities which will have encouraged them to work in a team and develop their problem-solving skills.		

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Updated: March 2026

KNOWING WHAT ..	<u>Netball, Basketball, Football, Trampolining and Cross Country</u>	<u>Dance, Handball, Badminton, Rugby and OAA</u>	<u>Athletics, Rounders and Softball</u>
	Pupils will embed the skills needed for the following sports: Netball - Students will learn what dodging, pressured passing, shooting under defensive pressure, rebounding, and intercepting are, and the key features of each skill in netball: • Footwork – Receiving on the move • Moving shot • Attacking and defending tactics to outwit an opponent • Double defending Basketball - Students will learn what the core basketball skills are and what teamwork and decision-making skills are needed in game play: • Selection of passes based on game play • Dribbling • Jump shot and rebound • Lay up Trampolining - Students will learn what linked landings, twists, and turnovers are, and what good body control, aerial awareness, and safe technique look like in trampolining:	Pupils will embed the skills needed for the following sports: Dance - Students will learn what artistic intention, choreographic sophistication, and expressive performance are within dance: • Fragmentation in choreography • Adapting movement based on style and intention • Interpret a choreographic stimulus with depth and originality • Analyse professional dance work and mirror movement component Rugby - Students will learn what the key rugby skills, tactics, and teamwork elements are, including what safe play and strategic decision-making involve: • Spin pass over longer distances • Sidesteps, swerves or changes of pace to evade defenders • Offload effectively Badminton - Students will learn what advanced backhand skills and tactical approaches are in badminton, for both singles and doubles play:	Pupils will embed the skills needed for the following sports: Athletics (Track) - Students will learn what advanced techniques and tactical execution involve across a range of track events: • 100m • 200m • 300m • 800m • 1500m • Relay Athletics (Field) - Students will learn what power, precision, tactical choice, and performance analysis involve in field events: • Long Jump • Shot put – Full glide or Rotational Technique • Javelin – Cross-over steps • Discus – Full turn • Triple Jump Rounders - Students will learn what refined rounders techniques and tactical decisions are, and how these are used to outwit opponents: • Advanced fielding

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	• Back landing to front landing • Front landing to back landing • Half twist to front and back landing • Hands and knees turnover to back • Front and back full twist to feet Football - Students will learn what refined football skills and tactics involve, and what effective teamwork and quick decision-making look like in competitive play: • Execute a variety of passes in competitive situations • Receive and control aerial balls using foot, chest or thigh • Shooting under pressure • Transition from dribbling to passing or shooting in a game	• Backhand Underarm Lift • Backhand Overhead Clear • Backhand Overhead Drop Handball - Students will learn what key invasion-game skills are in handball, including passing, movement, shooting, and basic tactical principles: • Fast-paced passing under pressure • Block shots • Jump shot and rebounds	• Varying speed linked to bowling • Backhand batting technique Softball - Students will learn what the main softball skills are and the key features of each: • Underarm and overarm throws • Fielding ground balls • Batting • Pitching • Base Running
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Updated: December 2023

Year 9 Curriculum Plan
PE



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KNOWING HOW...	Students know how to apply their understanding of key muscles, hinge- and ball-and-socket-joint movements, and the short- and long-term effects of exercise when performing and analysing physical activity. Students know how to take the lead in setting up skill drills by following teacher direction, organising equipment effectively, and relaying instructions accurately to small groups.	Students know how to use definitions of key components of fitness and apply them to practical sporting examples where each is required.	Students know how to analyse their own and others' performances, identify strengths and areas for improvement, and give precise, sport-specific teaching points to support progress.
ASSESSMENT	Assessment in PE is ongoing which allows staff to watch pupils in a variety of sports and activities. Pupils will be assessed against the PE Assessment model 'Head, Hand and Heart': <u>Head</u> Pupils' knowledge and understanding. Problem solving skills, Analysis of performance and feedback. <u>Hand</u> Pupils' physical ability, their technique and tactics. Pupils will also be assessed on their development of fitness. <u>Heart</u> Pupils' leadership skills, communication, respect for others, resilience and confidence.		

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