



Curriculum Overview: Physical Education Year group 9

What your child will learn each half term

This overview shows the key topics, skills, and knowledge your child will be learning in **PE** in **Year 9**. It helps families understand what's being taught, how it builds on previous learning, and how you can support your child at home.

Our year 7 and 8 curriculum encompasses a carousel style activity list that changes throughout the year. Our aim is to build knowledge and skills throughout year 7, consolidate learning in year 8 and work towards mastery in year 9 and 10.

- **What we are learning:** The topic or focus for the half term.
- **Key knowledge & skills:** What students should understand and be able to do.
- **How we assess learning:** knowledge checks, practical tasks, written responses and formal assessments.
- **Key words to know:** Vocabulary students will learn and use.



Year 9 Curriculum - 6 classes

2025 Block	Boys 1	Boys 2	Girls 1	<u>Girls 2</u>	Mixed	Mixed 1
1	Rugby	Badminton	Hockey	Netball	Tramp	Fitness
2	Badminton	Rugby	Netball	Tramp	Hockey	Table Tennis
3	Fitness	Fitness	Tramp	Hockey	Badminton	Hockey
4	Tramp	Hockey	Badminton	Fitness	Fitness	Netball
5	Hockey	Tramp	Fitness	Badminton	Netball	Rounders
6	Athletics	Cricket	Athletics	Rounders	Tennis	Tramp
7	Cricket	Athletics	Rounders	Athletics	Athletics	Tennis

Sport	Key knowledge/skills	How we will assess learning in this unit	Homework	Key vocabulary for this unit
Hockey	Develops skills, rules tactics and strategies Fair play Aspiration Respect Endeavour Integrity School clubs and external clubs promoted for lifelong sports Skills covered: Dribble – moving the ball while keeping control with the stick. Push pass – pushing the ball along the ground with control. Hit – striking the ball with a backswing. Slap pass – a quick, sliding hit with less backswing. Flick – lifting the ball with the stick in a controlled motion. Aerial – lifting the ball high into the air over distance. Tackle – attempting to gain possession from an opponent. Block tackle – stopping the ball by placing the stick firmly on the ground. Jab tackle – poking the stick toward the ball to dispossess an opponent Interception – cutting out an opponent’s pass.	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Centre pass – starting or restarting play from the middle. Free hit – awarded after an infringement, taken from where it occurred. 16-yard hit – free hit for the defence when the ball crosses the back line off the attacker’s stick. Penalty corner – awarded after a defensive foul in the circle. Penalty stroke – a one-on-one shot from 7 yards. Offside – no longer applies in modern hockey (good to note as a KS4 rule update). Obstruction – using the body or stick to shield the ball unfairly. Advantage rule – umpire allows play to continue if the fouled team benefits.
Rugby	Develops skills, rules, tactics, strategies and basic positions. Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered: Pass – moving the ball to a teammate (must be backwards or sideways). Spin pass – longer pass using wrist spin for distance. Catch – receiving and controlling the ball. Tackle – stopping an opponent by bringing them to ground. Offload – passing the ball while being tackled. Kick – using the foot to move the ball forward. Grubber kick – low kick that bounces unpredictably. Punt – long kick downfield.	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Try – grounding the ball over the opponent’s try line (5 points). Conversion – kick at goal after a try (2 points). Penalty – awarded for infringements; option to kick, run, or scrum. Knock-on – when the ball is fumbled forward with hand/arm. Forward pass – illegal pass thrown toward the opponent’s goal line. Line-out – restart when the ball goes out at the sideline. Scrum – set piece after some infringements (forwards contest the ball). Ruck – contest for the ball after a tackle, players over the ball on the ground. Maul – contest for the ball when the carrier is held up but not tackled.

	Drop kick – ball dropped and kicked as it bounces. Place kick – ball kicked from the ground (e.g., conversion, penalty).			Advantage – play continues after a foul if the non-offending team gains benefit. Offside – being in front of the ball or entering play from an illegal position.
Badminton	Develops skills, rules, tactics and strategies Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered: Serve – starting the rally by hitting the shuttle. Forehand – stroke played on the racket side of the body. Backhand – stroke played on the non-racket side of the body. Overhead clear – high, deep shot to push opponent to back of court. Drop shot – soft shot landing just over the net. Smash – powerful, downward attacking shot. Drive – fast, flat shot played across the court. Net shot – delicate shot played close to the net. Lift – shot played high from near the net to the back of the court. <u>Tactics & Performance</u> Footwork – efficient movement around the court. Anticipation – reading the opponent’s next shot. Deception – disguising a shot to outwit the opponent. Rotation – players switching positions in doubles. Attack – aggressive play aiming to force errors. Defence – returning smashes or strong shots. Consistency – ability to repeat shots reliably. Placement – aiming shots into specific spaces.	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Rally – exchange of shots until a point is scored. Scoring system – rally scoring to 21 points (win by 2, cap at 30). Let – a rally stopped and replayed (e.g., shuttle stuck in net). In/Out – whether the shuttle lands inside the court boundaries. Fault – rule violation (e.g., illegal serve, shuttle hitting ceiling). Service court – specific area where the serve must land. Doubles – game with two players per side. Singles – game with one player per side.
Fitness/Dance	Knowledge of why health and fitness is important. Knowledge of how to develop or maintain Health and fitness for life long mental, health & well-being. School clubs and external clubs promoted for lifelong sports. Areas covered:	Observations Q + A Peer assessment	Attend extra curricular Bring correct PE kit	Continuous training – sustained exercise with no rest (e.g., running, swimming). Interval training – periods of work and rest. Fartlek training – continuous exercise with varied pace/intensity. Circuit training – series of different exercises/stations.

	- Components of fitness - Training methods - Correct use of gym equipment	Testing		Weight/resistance training – using weights or resistance bands. Plyometric training – explosive jumping exercises. HIIT (High-Intensity Interval Training) – short bursts of very high-intensity exercise with rests.
Trampolining	Develops Health and Safety, practical skills. Students develop their analytical and coaching skills to help develop their own and others performance and success. School clubs promoted for lifelong sports. Skills covered: - Shapes (tuck, straddle, pike) - Half/full turn - Seat drop - Swivel hips - Front bounce - Back bounce - Advanced rotations (half turntable/cradle)	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Routine – a sequence of linked skills Control – ability to keep movements steady and precise Timing – coordination of movement with the bounce Height – gaining maximum elevation safely Form – correct body position and style Execution – how well the move is performed
Netball	Develops skills, rules, tactics, strategies and knowledge of basic positions Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports Skills covered: Chest pass – quick, accurate pass from the chest. Bounce pass – pass that bounces once before reaching a teammate. Overhead pass – pass thrown above the head, useful over distance/defenders. Shoulder pass – powerful one-handed pass for long distances. Pivot – turning on the landing foot while holding the ball. Shooting – attempting to score by throwing the ball into the ring. Dodging – moving quickly to lose a defender.	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Centre pass – restart of play from the centre circle. Obstruction – defender must be 3 feet (0.9m) away from the ball carrier. Contact – no physical contact that impedes an opponent. Held ball – ball must be released within 3 seconds. Offside – moving into an area of the court a player is not allowed to enter. Replayed ball – player cannot catch the ball, drop it, and catch again. Over a third – the ball cannot be thrown over two transverse lines without being touched. Turnover – loss of possession to the opposing team.

	Footwork rule – landing foot must stay grounded until the ball is passed or shot. <u>Tactics & Performance</u> Marking – defending an opponent to limit their options. Zoning – defending an area instead of a player. Interception – cutting off or catching an opponent’s pass. Timing – moving at the right moment to receive the ball. Spacing – creating passing lanes and avoiding bunching. Support play – offering options for the ball carrier. Set play – rehearsed passing move from a restart. Transition – switching quickly from defence to attack (or vice versa).			
Athletics	Students experience most athletic events, focusing on Health and safety, skills and techniques to improve performance. Analytical Skills are also encouraged to improve overall performance. School clubs and external clubs in the community are promoted for life long sports. Events covered: - 100/200/300/400m sprint - 800/1500m run - Javelin/shot put/discus - Long/triple/high jump - Relay (4x100m)	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Stride length – distance covered in one step. Stride frequency – number of steps per second. Pacing – controlling speed across a race distance. Drive phase – powerful start of a sprint. Acceleration – increasing speed. Release angle – optimal angle for a throw. Fosbury Flop – high jump technique where the athlete goes over backwards. Hop, step, jump – sequence in triple jump. Trajectory- the angle in which the shot/javelin/discus is released
Rounders	Develops skills, tactics, strategies and specific rounders rules Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered:	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Placement – aiming hits into spaces between fielders. Communication – calling for the ball between fielders. Backing up – supporting teammates to prevent errors. Decision-making – choosing whether to run, stay, or throw to a specific base. Anticipation – predicting the ball’s path or opponent’s action.

	Batting – striking the ball with the bat. Bowling – delivering the ball underarm to the batter. Catching – receiving the ball securely in hands. Fielding – collecting, stopping, or returning the ball. Throwing – overarm or underarm passing of the ball. Overarm throw – powerful throw for distance. Underarm throw – accurate, shorter-distance throw.			Teamwork – working together effectively in batting and fielding.
Cricket	Develops skills, rules, tactics and strategies Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered: Batting – striking the ball with the bat to score runs. Bowling – delivering the ball overarm towards the batter. Overarm bowling – legal action where the arm stays straight. Spin bowling – bowling that uses wrist or finger spin to move the ball. Pace bowling – bowling at high speed. Fielding – stopping, catching, or returning the ball. Catching – securing the ball in the hands after it's hit. Throwing – returning the ball quickly and accurately. Defensive shot – bat angled to block the ball. Drive – attacking shot hit along the ground. Pull shot / Hook – aggressive shot played to a short ball. Cut shot – hit square or behind on the off side. <u>Tactics and performance</u> Field placement – positioning fielders tactically. Attacking field – close fielders to create wicket chances. Defensive field – spread out fielders to stop runs. Strike rotation – batters scoring singles to keep scoreboard moving. Partnership – two batters working together to build runs. Economy rate – average runs conceded per over by a bowler. Run rate – average runs scored per over by batters. Declaration – ending an innings strategically.	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	✓ Bowler – The player who throws the ball to try and get the batsman out. Batsman – The player who tries to hit the ball and score runs. Runs – The points scored by the batting team by running between the wickets or hitting boundaries. Wicket – • The set of three stumps and two bails the bowler aims at. • Also means when a batsman gets out. Over – A set of 6 legal balls bowled by one bowler. Catch – When a fielder catches the ball after the batsman hits it, without it touching the ground, the batsman is out. Run out – When the fielding team hits the stumps with the ball before the batsman reaches the crease while running. Crease – The lines near the wickets that mark safe zones for batsmen.

Tennis	Develops skills, rules, tactics and strategies Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered: Serve – shot that starts a point, hit diagonally into the service box. Forehand – stroke hit on racket-hand side of the body. Backhand – stroke hit on the opposite side of the body (one or two hands). Volley – hitting the ball before it bounces. Smash – powerful overhead shot to finish a point. Lob – high shot hit over an opponent. Drop shot – soft shot landing just over the net. Groundstroke – shot hit after the ball bounces once. Topspin – forward rotation of the ball, making it dip quickly. Slice – backspin shot that slows and stays low. <u>Tactics & Performance</u> Baseline play – rallying mainly from the back of the court. Net play – moving forward to volley near the net. Consistency – playing reliably with few unforced errors. Placement – aiming shots into space or away from opponent. Spin variation – using topspin, slice, or flat shots to create problems. Footwork – efficient movement to get into position for each shot. Anticipation – predicting opponent’s next move.	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Love – zero points. 15, 30, 40 – point progression in a game. Game – first to four points with at least a two-point lead. Set – first to six games with a two-game lead. Match – overall contest (best of 3 or 5 sets). Break of serve – winning a game against the opponent’s serve.
--------	--	--	--	---