

**Year 9 – Health & Wellbeing**

<b>Curriculum intent</b>	Learners are encouraged to engage in a variety of different sports both team and individual based, tactics and decision making forms a large section of the curriculum in year 9. In year 9 learners are introduced to the fitness facilities and therefore all undertake a gym induction, once this is complete learners are allowed to take part in specific classes to further develop their knowledge around fitness and health.					
<b>Term</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Knowledge</b>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>This year's learners are inducted into the gym at ASV and will have the opportunity to complete a young personal training award. Learners will also have access to the gym after school in order to continue to push and develop their fitness. Learners will also continue to compete in a range of sports including net games and</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Having had a full gym induction learners will start to understand the different components of fitness and how the body reacts to sport or physical activity. Learners will look at all 11 components of fitness and learn how these are required in a variety of different sports,</p>	<p>Team Work Invasion Games Net Games Junior Leadership</p> <p>Skills across all sports will be tested as will learner impact on tactics and set game play. Learners will continue to develop advanced skill and use leadership qualities to build on their influence in a performance. Learners will continue to</p>	<p>Team Work Invasion Games Net Games Junior Leadership</p> <p>Methods of training will be introduced and explored by learners. Linking components of fitness and understanding how they are best developed through various types of training. Learners will have exclusive use of the gym in order to assess their areas of weakness</p>	<p>Team Work Invasion Games Net Games Coaching</p> <p>Components of fitness, methods of training and principles of practice will all be developed and discussed. Learners will be taught the key concepts of planning for improvement and will focus on at least one aspect of their personal fitness and one sport specific skill</p>	<p>Team Work Invasion Games Net Games Coaching</p> <p>Learners will be challenged to test their fitness levels and compare these results to that of National averages. Reflecting on their fitness improvement plans and assessing their performance across all sports. Learners will be challenged to test their performance</p>







**Rayner Stephens**  
HIGH SCHOOL