

Subject Yearly Overview 2025-2026

Subject: Year 9 PE	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
Autumn 1	Health Related Fitness	Understand the impacts of exercise on the body, from raising heart rate and change in body temperature. Explore methods of training from circuit training to interval training.	Get a baseline assessment of student's physical capabilities and fitness levels. Get the pupils active after 6 weeks off – introduction and development of pupil knowledge.
Autumn 2	Volleyball	Develop basic, such as set, dig and serve, required to maintain a rally in volleyball. Identify some rules when playing games of volleyball.	Apply teamwork and communication in a different sport.
Spring 1	Basketball	Identify and develop key skills to be successful when playing basketball e.g. passing (range of passes), dribbling and shooting. Understand some rules when playing games of basketball e.g. double dribble, fouls and travelling.	Changed to Autumn 2 as we lost a lot of PE lesson (basketball) due to the exams being in the hall. Gym will be cold so need to keep the pupils active – using and developing basic skills of basketball. Apply teamwork skills in a team sport.
Spring 2	Table Tennis	Know the fundamental table tennis skills will contribute to producing an improved performance and outwit opposition more frequently. Pupils will identify different areas of the table and be able to place the ball to opposition's weaknesses. Spin is used to pupil advantage and is in control of rallies.	To encourage students to learn skills, rules and tactics to outwit an opponent.
Summer 1	Football	Develop students' knowledge of tactical and strategic approaches to both attack and defence. Refine their core skills and attempting some more advanced skills to outwit an opponent. Understand how to officiate a game and the importance of teamwork.	Activity can be taught inside or out depending on exams / weather. Apply and further develop teamwork skills.

<p>Summer 2</p>	<p>Athletics / Badminton</p> <p>GCSE Gp:</p>	<p>Athl: Explore a range of athletic event such as high jump, sprinting, shot putt and relay.</p> <p>Bad: In this unit pupils will focus on replicating and developing more advanced techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. Pupil will further develop confidence to get the shuttle to land in a target area so that the opponent cannot return it. Pupil should independently be able to score and officiate badminton games.</p>	<p>Change of weather and the ability to work outside more often.</p> <p>Option Gps decided and GCSE work begins.</p>
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