

**Overview:**

Year 9 Physical Education is aimed at improving the techniques and tactics to take part in a wide range of sporting activities. All students will cover up to 12 different sports throughout the year with the opportunity to take part in extra curricular clubs and teams to put showcase their ability against other schools

Term 1:

Boys- In your first term you take part in 4 different sports; Rugby Union, Badminton 5-a-side and Basketball. The lessons will focus on the advanced skills required to play the sports and incorporate these into competitive games where you will be expected to also apply the techniques from Y7 and 8 to outwit the opponents.

Girls- In your first term you take part in Dance, Netball, OAA and Cheerleading. During Netball you will focus on advanced tactics and skills to play the sports in competitive game situations you will be expected to also apply the techniques from Y7 and 8 to outwit the opponents. During your dance and cheerleading lessons you will choreograph routines incorporating gymnastic principles which you will perform to your peers. In OAA you will build upon skills you have mastered in year 7 and 8 to lead groups in challenging situations. This will also build upon your employability skills.

Year 9**Physical Education****Term 3:**

Boys- In your final term you take part in Cricket, tennis, softball and athletics. You will focus on developing advanced techniques required to master the sports whilst also maintaining the skills you learnt from Year 7 and 8. In your athletics lessons you will focus on the components of fitness required to excel at a specific discipline e.g. aerobic fitness/ explosive strength.

Girls- In your final term you will take part in rounders, tennis, athletics. In rounders and tennis you will focus on developing advanced techniques required to master the sports whilst also maintaining the skills you learnt from Year 7 and 8. In your athletics lessons you will focus on the components of fitness required to excel at a specific discipline e.g. aerobic fitness/ explosive strength.

Term 2:

Boys- In your second term you take part in Football, table tennis and 2 lessons of fitness. In your football lessons you will be developing the advanced skills required to play 11-a-side football in competitive game scenarios. In your fitness lessons you will be introduced to resistance training in the fitness suite and endurance training using a range of different training methods.

Girls- In your second term you will take part in invasion sports, badminton, trampolining and fitness. During trampolining you will work on advanced moves such as somersaults to add to your routine from year 7 and 8.

During the invasion sports block of work you will be introduced to some new games that will require you to transfer knowledge of skills, tactics and techniques into new and exciting sports.

During your badminton lessons you will focus on advanced techniques and tactics that will build upon your skills learnt in year 7 and 8.

Your fitness lessons will focus upon aerobic capacity learning how to measure and improve it in 6 weeks.