

**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 8 different activities; badminton, hockey, tabletennis, handball, trampolining, rugby, leadership and tchoukball. You will continue to learn the rules and techniques required to take part in all 8 sports in isolation and small game situation whilst developing more advanced skills. You will be asked to take on more coaching and officiating roles as your knowledge builds.

Girls- In your first term you take part in 8 different activities these include; tchoukball, basketball, hockey, netball, badminton, gymnastics, tabletennis and dance. In these activities you will develop the skills required to take part and learn more advance skills. You will also take part in two creative activities where you will develop individual skills required to build a routine. Your confidence will be built as you perform the routines to your peers.

Year 9**Physical Education****Term 2:**

Boys- In your second term you take part in 8 more different activities. These include fitness, football, inclusive sports, flag football, basketball, cricket, pickle ball and golf. You develop more advance skills for each sport and implement these in game scenarios. In fitness you will be introduced to the fitness suite and start using resistance and cardio equipment.

Girls- In your second term you will take part in trampolining, inclusive sports, OAA, fitness football and rugby. You will Learn the basic techniques and rules required to take part in the sports and develop your teamwork communication skills in OAA. In trampolining you will use your creativity to develop routines adding in more advance skills such as front and back somersaults. In fitness you will be introduced to the fitness suite and start using resistance and cardio equipment.

Term 3:

Boys- In your final term you take part in 5 different activities including athletics, tennis, volleyball, softball and ultimate Frisbee. You will develop the skills you have learnt in each activity and learn advanced techniques required to take part in all activities apply these to more complex scenarios. You should be able to accurate self assess your ability and its impact on performance. You will be asked to take on more coaching and officiating roles as your knowledge builds.

Girls- In your final term you will take part in rounders, tennis, volleyball, softball and athletics. You will consolidate the basic skills and develop more advance skills required to take part in all activities whilst applying these to more complex scenarios. In your athletics lesson you will work on developing your personal best challenging yourself.