

**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 16 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 7 different activities; badminton, hockey, table tennis, handball, trampolining, rugby and dodgeball. You will continue to consolidate your knowledge of the rules and techniques required to take part in all 7 sports and start developing more advanced skills for each activity. You will be challenged to take on more coaching and officiating roles as your knowledge and confidence builds.

Girls- In your first term you take part in 6 different activities these include; Trampolining, netball, handball, gymnastics, Football 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 3 creative activities where you will develop individual skills required to build a routine. In trampolining you will use your creativity to develop routines adding in more advance skills such as front and back somersaults.

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

Boys- In your second term you take part in 6 more different activities. These include basketball, volleyball, football, fitness, OAA and invasion games. You develop more advance skills for each sport and implement these in game scenarios. In fitness you will be introduced to free weights and learn how to build a gym programme to meet your individual needs.

Girls- In your second term you will take part in Fitness, Dodgeball, OAA, Badminton, Pickle ball and rugby. In fitness you will be introduced to free weights and learn how to build a gym programme to meet your individual needs.

Term 3:

Boys- In your final term you take part in 5 different activities including athletics, tennis, pickleball, softball, and cricket. 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, cricket, 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.