

Curriculum Overview: Year 9 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Fitness, Gymnastics/Dance, Badminton Boys – Rugby, Football Girls – Hockey, Netball	Topic: Fitness, Gymnastics/Dance, Badminton Boys – Rugby, Football Girls – Hockey, Netball	Topic: Fitness, Gymnastics/Dance, Badminton, OAA Boys – Rugby, Football Girls – Hockey, Netball	Topic: Fitness, Gymnastics/Dance, Badminton, OAA Boys – Rugby, Football Girls – Hockey, Netball	Topic: Boys - Cricket Girls - Rounders	Topic: Athletics
Links to prior learning - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities Stretch and Challenge Enquiry -What are the six types of synovial joint?	Links to prior learning - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities Stretch and Challenge Enquiry -What are the two types of muscle contraction?	Links to prior learning - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities Stretch and Challenge Enquiry -What are the three types of lung volumes?	Links to prior learning - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities Stretch and Challenge Enquiry -What is cardiac output?	Links to prior learning - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities Stretch and Challenge Enquiry -What does lactic acid do to the body?	Links to prior learning - use a range of tactics and strategies -develop their technique and improve their performance -using advanced dance techniques -developing skills to solve problems -analyse their performances -take part in competitive sports and activities Stretch and Challenge Enquiry -What is muscle hypertrophy?
Equipment Needed <ul style="list-style-type: none"> • Red or black T shirt/Polo Shirt • Black Shorts/Tracksuit Bottoms • Red or black Sweatshirt/Jumper • Trainers • Red or black Football Socks • Football Boots for boys • NO Coats, Zipped Jackets or Hoodies • Please mark your kit with your full name 		Wider Reading https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study https://www.bbc.co.uk/bitesize/subjects/zdhs34j		Family activities <ul style="list-style-type: none"> • Ensure your child is prepared for their PE lessons by having the correct PE kit • Encourage your child to take part in PE/Sport extra-curricular activities at school • Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school • Encourage your child to watch sport e.g. on TV 	

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