






Year 9 Physical Education Curriculum

| Skill Development | Analysis of performance | Tactics and strategies | Healthy, active lifestyles | Anatomy and Physiology |
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| Engage in competitive sports and activities. Develop technique & improve performance. Broad range of physical activities. | Analyse (KS3) and evaluate (KS4) performances. | Use a range of tactics and strategies. | Lead healthy, active lifestyles. | |
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| In Year 9 students will develop their knowledge of sports specific skills in the activities listed and be able to perform these in opposed and pressurised situations in several practical activities. | Students will use their knowledge to suggest ways in which performance can be improved. Use basic terminology confidently and consistently and begin to include more advanced vocabulary with the activities which they participate in. | Students will use their knowledge of the rules to perform as an official. Students will learn about more advanced tactics in sporting activities to enable students to outwit opponents, perform aesthetically or problem solve. | Students will be taught the reasons for warming up. Identify and describe the short and long term effects of exercise Identify most of the components of fitness and give examples of when they are used Each term all students will have the opportunity to participate in a range of extra-curricular activities. We would encourage students to commit to their preferred activities throughout the year. | Identify antagonistic pairs of the knee and the elbow, including the agonist and antagonist. |

Activity rotations: Each teaching group will rotate around a number of different activities throughout the year to allow the above to be taught through practical experiences. These activities include OAA (outdoor and adventurous activities), dance, table tennis, football, netball, rugby, fitness, handball, striking and fielding activities and athletics.