

Year 9 - Physical Education									
Half-Term 1 04/09/24 - 25/10/24	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	In Year 9 PE students will learn about how to: Lead healthy, active lifestyles by leading warm-ups and being able to explain the benefits of warming up joints and muscles. Develop competence to excel in a broad range of physical activities, by applying all basic and some advanced skills in a competitive environment. Skills will be performed in isolation with precision, control, and fluency. Use a range of tactics and strategies to overcome opponents in direct competition, and be able to explain the impact various tactics will have on performance outcomes. Leadership is an integral aspect of year 9, where students will be expected to be able to plan, lead, and evaluate aspects of a sports session.
	Baseline fitness tests	Students will perform in two of the following sports: Trampoline, Gymnastics, Orienteering, HRE, Dance, Table Tennis, Badminton, Dodgeball, Handball, Hockey, Basketball, Netball, Football, Rugby & Volleyball							
Half-Term 2 04/11/24 - 20/12/24	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	Students will perform in two of the following sports: Trampoline, Gymnastics, Orienteering, HRE, Dance, Table Tennis, Badminton, Dodgeball, Handball, Hockey, Basketball, Netball, Football, Rugby & Volleyball								
Half-Term 3 08/01/25 - 14/02/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	Students will perform in two of the following sports: Trampoline, Gymnastics, Orienteering, HRE, Dance, Table Tennis, Badminton, Dodgeball, Handball, Hockey, Basketball, Netball, Football, Rugby & Volleyball								
Half-Term 4 24/02/25 - 04/04/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	Students will perform in two of the following sports: Trampoline, Gymnastics, Orienteering, HRE, Dance, Table Tennis, Badminton, Dodgeball, Handball, Hockey, Basketball, Netball, Football, Rugby & Volleyball								
Half-Term 5 22/04/25 - 23/05/25	Week 1	Week 2	Week 3	Week 4	Week 5				
	Baseline fitness tests	Students will perform in two of the following sports: Athletics, Rounders, Tennis, Short Tennis, Rugby, Softball & Cricket							
Half-Term 6 02/06/25 - 18/07/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		Key Progress Check Week Key Assessment Week End of Year Exam Week
	Students will perform in two of the following sports: Athletics, Rounders, Tennis, Short Tennis, Rugby, Softball & Cricket								