

Physical Education (Year 9)



Bodies (Motor Competence)

Hearts (Healthy Participation)

Minds (Rules, Tactics, Strategies)

Year 9 – Term 3

- Increase physical competency in a range of athletic events and striking and fielding games, selecting and combining more complex skills and refining technique.
- Apply advanced range of tactics and strategies. Develop technique to improve performance. To compare previous results and strive for personal best.
- To understand what makes a performance effective and how to improve.

**Sports Day
(House Comp)**

**Performing at Maximum Levels
Refine Technique and Increase Physical Challenge**
Extra Curricular
Halton Athletics Meet, Sports Day

**Overcoming an Opponent
Applying Tactics and Strategies**
Extra Curricular
Rounders / Cricket SG's Competitions

Interim Assessment

**Rowathon
(House Comp)**

Interim Assessment

Year 9 – Term 2

- Increase physical competency in a range of net and wall games and gymnastics events and analyse theirs and others performances.
- To solve problems with changing circumstances (map reading).
- To understand long term effects of exercise of the body.

**Outdoor and Adventurous Skills
Application of Leadership and Map Work**

**Exploring Net and Wall Activities
Analyse and Improve**
Extra Curricular
Table Tennis / Badminton SG's

Accurate Replication
Flight

**Heath Games
(House Comp)**

Year 9 – Term 1

- Increase physical competency in a range of fitness and games activities.
- Able to select and combine more complex skills.
- Demonstrate advanced range of tactics and strategies.
- Gain an understanding of the principles of training.
- Understand more rules / regulations and officiate effectively.

**Overcoming an Opponent
Combining Skills Fluently**
Extra Curricular
Cheshire Cup / ESFA SG's
Netball / Football / Basketball

**Developing Health & Fitness
Training Methods and Principles**
Extra Curricular
Sports Hall Athletics
Cheshire Cross Country

3 Part Warm Up
Enhancing skills, knowledge and concepts