

PE Curriculum Map (Year 9)

[2022 – 2023]

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
Rounds/ 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 on the body.

**Heath Games
(House Comp)**

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

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