**Year 9 - Physical Education Curriculum Overview 2024 – 2025**

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| **YR**  **9** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Content** | * Football * Cross Country | * Basketball * Badminton | * Dodgeball * Health Related Fitness | * Pickleball * Tag Rugby | * Athletics * Rounders | * Athletics * Cricket |
| **Key new knowledge** | **Football**  Passing – Game situation (5v5)  Control – receiving chest  Turning with ball – Drag back  Dribbling – Foot skills  Dribbling – Beating opponent 1v1  Long Passing  Shooting front volley  Defencive Heading  Attacking Heading  **Cross Country**  Delevoping cardiovascular endurance – pacing a 2km run | **Basketball**  Footwork (Jump Stop)  End Zone  Screening  Attacking Dribble (In & Out Dribble)  Passing and Receiving - Overhead Pass  Hoop & End Ball  Cutting  Triple Threat  Shooting - Jump Shot  **Badminton**  Swedish Swish  1 V 1 Conditioned Game - Emphasis on Decision Making  Forehand / Backhand Drive  Forehand / Backhand Smash Shot  Action on the Shuttle – Whip / Top / Push  Leadership / Officiating / Umpiring / Court Familiarisation / 1 v 1 Singles  Game  Tournament / Competitive Play | **Dodgeball**  agility and quick reflexes  dodging techniques  (Duck/dive & spin)  Using different throws  (side arm & fake)  Strategy and positioning  **HRF**  Training methods  Circuit training  Interval  Continuous  Fartlek  cross  weight training | **Pickleball**  Basics:  Striking stance and swing (backhand)  Serve:  Speed  Ground Strokes:  Distance  Height  Volleys:  Position, stance, grip, swing  Direction  Tactical:  Positioning with partner  Anticipation and movement  **Rugby**  Dummy  Attacking Play Beating a Defender – Decision Making (2 v 1)  Game Restarts / Restarting after Tag  Ball Pick Up after Tag (2 v 1)  Understanding ‘Knock On’  Tracking the Attacker | **Athletics**  Sprinting and Hurdles: Introduction to sprinting over hurdles and technique refinement.  Javelin: Introduction of run up throw.  High Jump: Introduction of Frosby flop  **Rounders**  Over arm throwing  Stopping the ball – long barrier  Bowling - Fast | **Athletics**  Shot Put: gliding technique  Triple Jump: Advancement in jump technique and height/distance  Sprots day practise: pupil choice of event to practise  **Cricket**  Fielding: Moving onto a ball  Fielding: Retrieve and throw  Batting: Striking off the front foot  Bowling: Basic Grip  Wicket Keeping |
| **Assessments** |  |  |  |  |  |  |