**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 backDribbling – Foot skillsDribbling – Beating opponent 1v1Long PassingShooting front volleyDefencive HeadingAttacking Heading**Cross Country**Delevoping cardiovascular endurance – pacing a 2km run | **Basketball**Footwork (Jump Stop)End ZoneScreening Attacking Dribble (In & Out Dribble)Passing and Receiving - Overhead PassHoop & End BallCuttingTriple ThreatShooting - Jump Shot**Badminton**Swedish Swish1 V 1 Conditioned Game - Emphasis on Decision MakingForehand / Backhand DriveForehand / Backhand Smash ShotAction on the Shuttle – Whip / Top / PushLeadership / Officiating / Umpiring / Court Familiarisation / 1 v 1 SinglesGameTournament / Competitive Play | **Dodgeball**agility and quick reflexesdodging techniques(Duck/dive & spin)Using different throws(side arm & fake)Strategy and positioning**HRF**Training methodsCircuit trainingInterval ContinuousFartlekcross weight training | **Pickleball**Basics:Striking stance and swing (backhand)Serve:SpeedGround Strokes:DistanceHeightVolleys:Position, stance, grip, swingDirectionTactical:Positioning with partnerAnticipation and movement**Rugby**DummyAttacking Play Beating a Defender – Decision Making (2 v 1)Game Restarts / Restarting after TagBall 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 throwingStopping the ball – long barrierBowling - 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 ballFielding: Retrieve and throwBatting: Striking off the front footBowling: Basic GripWicket Keeping |
| **Assessments** |  |  |  |  |  |  |