



## Year 9 PE - Curriculum Map

	9 ASH	9 BIRCH	9 CEDAR
Autumn 1	<p><u>Invasion Games (Sport Education)</u></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Sport Education Model</li> <li>• Developing required fitness</li> <li>• Develop basic skills for invasion games</li> </ul> <p>Develop communication and emotional intelligence by performing as part of a team. Theme: Empathy</p>	<p><u>Invasion Games (Sport Education)</u></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Sport Education Model</li> <li>• Developing required fitness</li> <li>• Develop basic skills for invasion games</li> </ul> <p>Develop communication and emotional intelligence by performing as part of a team. • Theme: Empathy</p>	<p><u>Invasion Games (Sport Education)</u></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Sport Education Model</li> <li>• Developing required fitness</li> <li>• Develop basic skills for invasion games</li> </ul> <p>Develop communication and emotional intelligence by performing as part of a team. • Theme: Empathy</p>
Autumn 2	<p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> <li>• Circuit training, Continuous and interval training techniques</li> <li>• Safety in circuit training</li> <li>• Planning personalised training programme</li> <li>• Developing fitness in circuit training, continuous or interval training.</li> </ul> <p>Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience</p>	<p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> <li>• Circuit training, Continuous and interval training techniques</li> <li>• Safety in circuit training</li> <li>• Planning personalised training programme</li> <li>• Developing fitness in circuit training, continuous or interval training.</li> </ul> <p>Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience</p>	<p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> <li>• Circuit training, Continuous and interval training techniques</li> <li>• Safety in circuit training</li> <li>• Planning personalised training programme</li> <li>• Developing fitness in circuit training, continuous or interval training.</li> </ul> <p>Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience</p>

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Spring 1	<p><b>Trampolining</b></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Safety in trampolining</li> <li>• Basic shapes</li> <li>• Develop personalised trampolining routine.</li> </ul> <p>Develop creativity and organisation through compositional ideas. Theme: Excellence</p>	<p><b>Trampolining</b></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Safety in trampolining</li> <li>• Basic shapes</li> <li>• Develop personalised trampolining routine.</li> </ul> <p>Develop creativity and organisation through compositional ideas. • Theme: Excellence</p>	<p><b>Trampolining</b></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Safety in trampolining</li> <li>• Basic shapes</li> <li>• Develop personalised trampolining routine.</li> </ul> <p>Develop creativity and organisation through compositional ideas. • Theme: Excellence</p>
Spring 2	<p><b><u>Disability Sport - Badminton</u></b></p> <ul style="list-style-type: none"> <li>• Safety in net/wall games</li> <li>• Safety in disability sport</li> <li>• Disability Sport principles</li> <li>• Basic principles in net/wall games</li> <li>• Competition</li> </ul> <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p>	<p><b><u>Disability Sport - Badminton</u></b></p> <ul style="list-style-type: none"> <li>• Safety in net/wall games</li> <li>• Safety in disability sport</li> <li>• Disability Sport principles</li> <li>• Basic principles in net/wall games</li> <li>• Competition</li> </ul> <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p>	<p><b><u>Paralympic Activities</u></b></p> <ul style="list-style-type: none"> <li>• Wheelchair Sports</li> <li>• Amputee Sports</li> <li>• VI &amp; HI Sports</li> </ul> <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p>

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Summer 1	<p><b><u>Cycling</u></b></p> <ul style="list-style-type: none"> <li>• Safety in cycling</li> <li>• Development of basic skills in cycling</li> <li>• Development of life skills in cycling.</li> <li>• Improvement of skills in cycling</li> </ul> <p>Developing innovation and assertiveness through intellectual and physical challenges. Theme: Communication</p>	<p><b><u>Cycling</u></b></p> <ul style="list-style-type: none"> <li>• Safety in cycling</li> <li>• Development of basic skills in cycling</li> <li>• Development of life skills in cycling.</li> <li>• Improvement of skills in cycling</li> </ul> <p>Developing innovation and assertiveness through intellectual and physical challenges. Theme: Communication</p>	<p>Problem Solving (Commando Joe)</p> <ul style="list-style-type: none"> <li>• Develop basic skills in problem solving</li> <li>• Develop mental capacity for commando Joe activities</li> <li>• Commando Joe stage activities Y1-6</li> </ul> <p>Developing innovation and assertiveness through intellectual and physical challenges. Theme: Communication</p>
Summer 2	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Safety in athletics</li> <li>• Running events</li> <li>• Jumping events</li> <li>• Throwing events</li> <li>• Preparation for Sports Day</li> </ul> <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Safety in athletics</li> <li>• Running events</li> <li>• Jumping events</li> <li>• Throwing events</li> <li>• Preparation for Sports Day</li> </ul> <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Safety in athletics</li> <li>• Running events</li> <li>• Jumping events</li> <li>• Throwing events</li> <li>• Preparation for Sports Day</li> </ul> <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p>