



Physical Education: Curriculum Overview - Core PE

Year 9

Term	Topics studied	What will I learn?	How will I be assessed?
Year 9 Autumn	Table Tennis	- Grip and stance - Push shot (backhand/forehand), backhand and forehand drive with application of spin - Serve technique and shot selection in a range of competitive contexts - Use of deception and more complex strategies to outwit opposition - Understanding of sequences of play, terminology and accurate application of game rules	- Replication of advanced skills (passing variations, shooting/drive techniques with spin, serve) under pressure - Developing game tactics based on an opponent's strengths and weaknesses - Further understanding of game rules and effective doubles teamwork - Decision making and creative thinking to outwit opposition - Assessed through observation of shot selection and teamwork during rallies, serving practice and competitive doubles games.
Year 9 Autumn	GCSE PE Introduction	- Names, location and function of the major bones and skeletal functions - Names, location and function of the major muscles, and the roles muscles play in movement - The purpose of fitness testing and how to administer standardised tests for power, agility and speed - How to record, process and interpret fitness test data - Use of subject-specific terminology	- Accurate administration and recording of standardised fitness tests (Standing Broad Jump, Illinois/Agility Test, Speed Test) - Use of subject-specific terminology in short-answer, extended-answer and data-response exam questions - Self- and peer-evaluation of performance and test results against normative data - Assessed through an end-of-unit written test covering the skeletal, muscular systems, fitness components and testing.
Year 9 Autumn	Handball	- Principles of attack and defence - Basic rules, positions (GK, RB, LB, Pivot) and the 3-step / double-dribble rules - Ball handling and control, passing/receiving (chest, bounce, overhead), dribbling and shooting - Attacking movement into space and defending through shadowing and intercepting	- Replication of ball handling, passing/receiving and dribbling skills under pressure - Outwitting opponents through attacking movement and shooting in small-sided and full-sided games - Decision making and problem solving, choosing when to pass, dribble or shoot - Assessed through observation of skill execution, decision-making

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		Understanding and application of game rules and referee signals	and teamwork during small-sided games, situational practices and the round-robin tournament.
Year 9 Spring	Badminton	- A variety of service actions and shot selection in competitive contexts - Clear (forehand/backhand), drop shot with deception, flick shot and smash - Use of space and more complex tactics/strategies to outwit an opponent - Independently scoring and officiating badminton games	- Replication of more advanced core skills (backhand flick/clear, serve variations, disguised drop shot) under pressure - Outwitting opponents by developing tactical use of clear and drop shot combinations - Decision making and problem solving during competitive games - Peer and self-assessment of performance - Assessed through observation of shot selection, court movement and teamwork during rallies, serving practice and competitive games.
Year 9 Spring	Lacrosse	- Fundamental stick skills: cradling, throwing, catching and scooping ground balls - Dodging (face, roll, split) and cutting into space to outwit an opponent - Basic principles of attack and defence in a non-contact invasion game - Safe, controlled small-sided competitive game play, taking on attacking, defending and goalkeeping roles - Modified game rules and basic self-officiating	- Movement with and without the ball (cradling and dodging) - Execution of core skills: throwing, catching, ground balls and shooting - Outwitting opponents in competitive game situations - Physical literacy: running, agility, coordination and body control - Assessed through observation of skill execution, movement off the ball and teamwork during passing drills, small-sided games and competitive matches.
Year 9 Spring	Health Related Fitness	- Circuit movements and tests for components of fitness - Running for speed and endurance - A range of health and fitness terminology - Understanding of how the body responds to exercise, including heart rate, oxygen debt and skill-related fitness components - Leading warm-up and cool-down routines	- Replication of fitness techniques and movements to challenge physical limits, including under fatigue - Development of leadership and communication skills through leading warm-ups and small groups - Understanding of warm-up principles and heart/lung function - Decision making and problem solving to adapt and refine technique - Assessed through observation of technique, effort and understanding during circuit-based activities, fitness testing

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			and leading peers through warm-up/cool-down routines.
Year 9 Summer	Athletics	• Sprinting, speed and power technique, including starts and the drive phase • Pacing and cardiovascular endurance applied to sustained running events • Jumping technique: take-off, flight and landing • Throwing technique and actions across a range of disciplines • Stride length development and relay changeovers • How the body responds to exercise, including warm-up/cool-down principles and heart/lung function • Evaluating performance against personal bests and suggesting improvements	• Replication of advanced athletic techniques across running, jumping and throwing disciplines, including under fatigue • Development of leadership and communication skills through coaching and leading others • Understanding of warm-up principles, heart rate response and cardiovascular function • Decision making and problem solving to refine technique and tactics • Assessed through observation of technique, effort and pacing during timed events, measured jumps and throws, and relay changeovers.