

OVERVIEW	<p>Our inclusive and balanced curriculum is driven by three themes: performance, leadership, and health. Throughout Year 9 students will build on the knowledge, skills and understanding developed in Year 8 so that they can perform with increasing confidence and competence in a range of physical activities including exposure to set plays and more complex strategies and tactics, We aim to improve health and well-being, promote active participation, developing positive attitudes, fair play and respect. Our curriculum aims to inspire all students to succeed with opportunities to compete in various sports to helping build character.</p>		
AUTUMN	<p style="text-align: center;">Football, Badminton, Rugby, Netball</p> <p>Students will learn about the advanced key skills within each activity such as set plays and pieces. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a competitive match. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match. Students will learn about and consistently apply the rules of each activity, and they will develop their analytical skills by commenting on their own performance and the performances of others.</p> <p>Students will become confident leaders and will show their ability to model suitable behaviours.</p>	<p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle. Confidently takes on leadership roles and acts as a role model. 	<p style="text-align: center;">Personal Development</p> <p style="text-align: center;">Concepts include:</p> <ul style="list-style-type: none"> Respect Etiquette Fair play Determination Equality Courage Fixed mindset Growth mindset
SPRING	<p style="text-align: center;">Football, Badminton, Fitness & Orienteering</p> <p>Students will learn about the advanced key skills within each activity such as set play set pieces and more complex orienteering activities Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a competitive match. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match. Students will learn about and consistently apply the rules of each activity and will develop further analytical skills</p> <p>Students will gain knowledge of how to use the principles of training to improve their own health and fitness.</p>	<p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle. Able to explain the importance of hydration 	<p style="text-align: center;">Personal Development</p> <p style="text-align: center;">Concepts include:</p> <ul style="list-style-type: none"> Self-Determination Winning & Losing Rising to the Challenge Competing Against Yourself Co-operation & Competition
SUMMER	<p style="text-align: center;">Cricket, Rounders, Tennis & Athletics</p> <p>Students will learn about the advanced key skills within each activity such as set plays and pieces. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a competitive match. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match. Students will learn about and consistently apply the rules of each activity, and they will develop their analytical skills by commenting on their own performance and the performances of others.</p>	<p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle. Ability to plan and lead for a small group. 	<p style="text-align: center;">Personal Development</p> <p style="text-align: center;">Concepts include:</p> <ul style="list-style-type: none"> Identify the Problem Gathering Information Collaboration Planning Decision Making Reflection
<p style="text-align: center;">Useful resources for supporting your child at home</p> <ul style="list-style-type: none"> Full PE kit suitable for indoor and outdoor, warm and cold weather lessons. https://www.nhs.uk/healthier-families 		<p style="text-align: center;">Co-Curricular</p> <p>Students are regularly encouraged to join the co-curricular sports clubs on offer. We offer a range of activities for both recreation and competition. These include Football, Netball, Badminton, Rugby, Trampolining, Basketball, Fitness, Rounders, Cricket, Athletics and Tennis.</p>	