

Year 9 – CORE PE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>The following activities are run on a carousel throughout the autumn and spring terms.</p> <h2>Gymnastics</h2> <ul style="list-style-type: none">• Skill: Vaulting and tumbling Concepts: Harnessing natural momentum Milestone Assessment: Individual performance quality of vaults and tumbles. <h2>Swimming</h2> <ul style="list-style-type: none">• Competitive swimming, starts and turns, stroke technique, observation & analysis, peer feedback. Knowledge: Basic knowledge of racing regulations Milestone Assessment: Quality of stroke production and racing techniques. <h2>Invasion Games (Hockey, Netball and Rugby)</h2> <ul style="list-style-type: none">• Skill: Passing, Ball handling, Dribbling, Shooting, Defending, Structured game play. Knowledge: Basic knowledge of rules. Concepts: Supporting play, Principles of attack and defence, Creating Space. Milestone Assessment: Conditioned practices, small sided games and match play. <h2>Net Games (Badminton)</h2> <ul style="list-style-type: none">• Skill: Serves, Ground strokes (forehand & backhand), Drop shots, Smashes, Structured game play. Knowledge: Basic knowledge of rules. Concepts: Principles of attack and defence, Choice of skill execution. Milestone Assessment: Conditioned practices and match play.				<p>The following activities are run on a carousel throughout the summer term.</p> <h2>Athletics</h2> <ul style="list-style-type: none">• Skill: Running, Jumping, Throwing. Knowledge: Knowledge of rules and timing and measurement of events. Milestone Assessment: Quality of skill production. <h2>Fitness</h2> <ul style="list-style-type: none">• Knowledge: Short term effects of exercise, Intensity of exercise, Methods of training Concepts: How hard do I have to work to make a difference? What does it feel like to train at the right level? Milestone Assessment: Self paced circuit. <h2>Strike and Field Games (Cricket, Rounders, Softball)</h2> <ul style="list-style-type: none">• Skill: Throwing, Catching, Batting, Bowling, Structured game play. Knowledge: Knowledge of the rules. Concepts: Principles of attack and defence, strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Milestone Assessment: Conditioned practices, small sided games and match play.	