



The Priory school - Physical Education

Year 9- curriculum map 2023-2024

Students will go through a rotation of 4 sports, every term



Athletics

You will build upon the core and advanced skills learned in year 7, and 8 and improve your technique in the 100m, 200m, 400m, 800m, shot-put and discus.



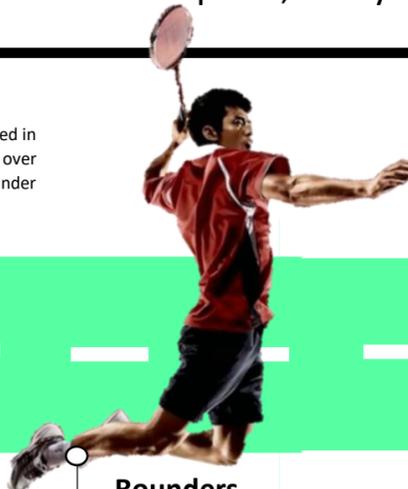
Badminton

You will build upon the core and advanced skills learned in year 8 and learn advanced skills such as: backhand over head clear, back hand drop shot, back hand lift and under arm clear, and forehand smash.



Cricket

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: backing up when fielding, and fielding tactics/ positioning.



PE recommended books



Running



Basketball



Confidence

Orienteering

You will complete two lessons of orienteering, where you will learn how to navigate courses, and compete.

Basketball

You will learn the basic rules of how to play, and learn core and advanced skills such as: dribbling with both hands, triple threat, types of defending, movement to find space, types of passing set shot, and lay-up.



Handball

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: catching and passing one handed, and the speed of play (fast break).



Rounders

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: directional batting and back handed batting.

Summer Term

Rugby

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: body position and support roles in the maul, jackal and counter rucking, and offloading in the tackle.



Football

You will build upon the core and advanced skills learned in year 7 and 8 and learn advanced skills such as: first time shooting, range of passing with your weaker foot, defensive positioning and volleying the ball.



Spring Term

Table tennis

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: the smash with spin, and spinning the ball whilst serving



Cross-country

You will learn how to pacing and build your endurance in preparation for the house run.

Netball

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: shooting with a split landing, and increasing tactical awareness in games.



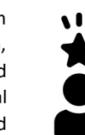
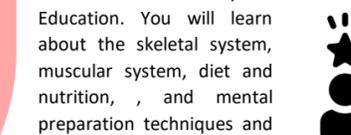
Autumn Term

Volleyball

You will build upon the core and advanced skills learned in year 7, and 8 and learn advanced skills such as: court positioning, reverse setting, dig placement, overarm jump serve, the spike, and blocking.

Fitness

You will learn how to administer fitness tests, such as the cooper run, 30m flying sprint test, and the press-up and sit up test. You will also learn how to administer and take part in Fartlek, interval, circuit and continuous training.



Assessment- 20 marks

Selfless- 5 marks

1. Teamwork
2. Leadership
3. Sportsmanship

Self-assured- 5 marks

1. Confidence
2. Resilience
3. Determination

Successful- 10 marks

1. Range and quality of skills
2. Fitness
3. Decision making

Your Physical Education Journey continues here ...

PE Non-Fiction Linked to topics



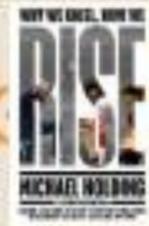
We also subscribe to Strike It!



Psychology



Ethics



Racism



Commercialisation



Mental Strength

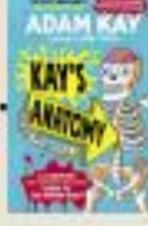


Overcoming Fear

2yr 11



Leadership



Anatomy & Physiology



Nutrition



Determination



Equality



Well being

2yr 10



Handball



Dance



Badminton



Running



Basketball



Confidence

2yr 9



Self Belief



Netball



Fitness



Football



Athletics



Rugby

2yr 8



Tennis



Cricket



Gymnastics



Orienteering



Football



Resilience

2yr 7

PE Fiction Linked to sports



Volleyball



Parkour



Swimming



Swimming



Running



Football

2yr 9

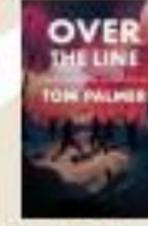
2yr 9

2yr 9

2yr 10



Rugby



Football



Free Climbing



Football



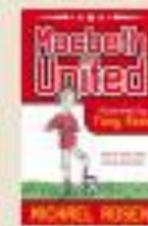
Roller skating



Friendly Options



Rugby



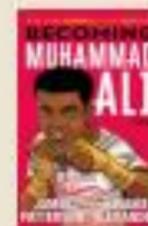
Football



Basketball



Football



Boxing



Ballet



Basketball



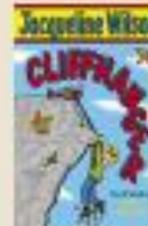
Horse Riding



Gymnastics



Football



Outdoor Activities



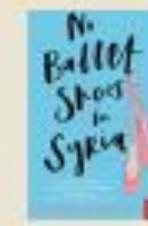
Athletics



Tennis



Cricket



Dance



Cycling



Football



Netball