



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.



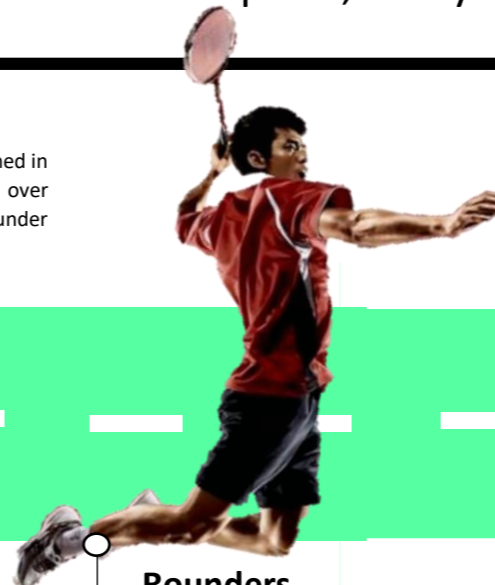
Badminton

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

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.



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.



Spring Term

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

Cross-country

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



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.



Theory

You will be introduced to the theoretical side of Physical Education. You will learn about the skeletal system, muscular system, diet and nutrition, and mental preparation techniques and benefits. You will apply this knowledge to your Y9 exam. You will learn this during wet weather lessons over the Autumn term



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



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2yr 11



Psychology Ethics Racism Commercialisation Mental Strength Overcoming Fear

2yr 10



Leadership Anatomy & Physiology Nutrition Determination Equality Well being

2yr 9



Handball Dance Badminton Running Basketball Confidence

2yr 8



Self Belief Netball Fitness Football Athletics Rugby

2yr 7



Tennis Cricket Gymnastics Orienteering Football Resilience

PE Fiction Linked to sports



Volleyball Parkour Swimming Swimming Running Football

2yr 9

2yr 9

2yr 9

2yr 10



Rugby Football Free Climbing Football Rollerskating Friendly Options



Rugby Football Basketball Football Boxing Ballet



Basketball Horse Riding Gymnastics Football Outdoor Activities Athletics



Tennis Cricket Dance Cycling Football Netball