



PE Curriculum Plan Overview

Year 9			
Term	Topic	Learning	How can parents' best support
Autumn 1	Fitness Testing	<p>Complete the BBC Blueprint fitness tests and analyse levels of fitness for the following components of fitness: Cardio vascular endurance, Strength, Power, Speed, Agility, Co-ordination. Link components of fitness to sports and activities.</p>	<p>Discuss which sports need different components of fitness e.g. Sprinters need speed, Footballers need speed, agility, Power, Co-ordination, Strength, Cardio vascular endurance.</p> <p>Discuss/research how your child could improve a component of fitness.</p>
	Tennis	<p>Understand the key aspects of various technique</p> <p>Setting up of a court, Ball & racquet control, Track it with your racquet Forehand and Backhand Volleys</p>	<p>Discuss rules of Tennis, look up videos of tennis matches online and watch the different shots players use.</p> <p>Ask your child to remember the key teaching points for the skills taught in lessons.</p>
Assessment:	Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence		
Autumn 2	Tennis Cont.	<p>Underarm/Over arm serve Forehand/backhand shot, Game play Understand the key aspects of various technique Umpire a game</p>	<p>Use BBC sport website sports academy for basics of tennis skills and game play</p>
	Table Tennis	<p>Setting up tables, Backhand bounce serve, Backhand. Forehand push shot, Rallies, Forehand serve, Game play Understand the key aspects of various technique Umpire a game</p>	<p>Discuss/Research how players are able to put spin on the ball.</p> <p>Ask your child to remember and recall the key teaching points for the skills taught in lessons.</p>
Assessment:	Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence		
Spring 1	Health Related Fitness	<p>Lockdown focus on wellbeing</p> <p>Fun fitness sessions and circuits offering a range of different activities with a focus on engagement and participation to support wellbeing.</p> <p>Focus on fitness topics: Cardio vascular endurance</p>	<p>Lockdown focus on wellbeing</p> <p>Encourage students to take part in the online activities on offer through the links shared on the google classroom:</p> <p>Yoga, Cardio and strength Fitness session</p>

Summer 2

Cricket

Basic throwing technique underarm & over arm
Basic catching technique underarm & over arm
Identify effective Bowling technique
Batting grip and stance
Fielding
Defensive and attacking shots
Basic rules of the game
Understand the key aspects of various technique

Ask your child to remember and recall the key teaching points for the skills taught in lesson.

Research all the different formats of cricket played professionally, discuss which your child thinks is the best and why?