**Year 9 - Physical Education Curriculum Overview 2025/26**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **YR**  **9** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Content** | **Invasion Games**  *(suggested activities)*   * Football * Basketball * Tag Rugby | **Net / Wall Games**  *(suggested activities)*   * Badminton * Pickleball | **Health & Fitnes**  *(suggested activities)*   * Circuit Training * Fitness Challenges | **Targeting Games**  *(suggested activities)*   * Curling * Dodgeball * Darts * Boules | **Athletics**  *(suggested activities)*   * Track & Field Events | **Striking & Fielding**  *(suggested activities)*   * Rounders * Cricket |
| **Key new knowledge** | Executing advanced dribbling techniques, such as feints and quick turns, to evade opponents.  Using counter-attacking and defensive strategies, including zonal marking, during gameplay.  Evaluating team tactics and adjusting strategies to improve performance. | Performing advanced strokes, such as smashes and slices, with control and intent.  Anticipating opponents’ movements to improve positioning and gameplay efficiency.  Working with a partner to implement simple attacking and defensive strategies in doubles. | Analysing fitness performance to identify strengths and areas for improvement.  Understanding and applying the differences between aerobic and anaerobic exercises.  Monitoring heart rate and effort to ensure effective training sessions | Executing advanced throwing techniques with accuracy and speed under pressure.  Predicting opponents' movements and adapting positioning and tactics accordingly.  Leading small groups by organising and explaining targeting strategies. | Applying advanced sprinting techniques, such as explosive starts, to improve performance.  Using advanced jumping methods, like the Fosbury Flop, for high jump success.  Making technical adjustments to throwing techniques for greater accuracy and power. | Timing shots effectively to place the ball into open spaces and outwit opponents.  Demonstrating a range of throwing techniques suited to specific fielding situations.  Communicating clearly with teammates to support coordinated defensive and attacking plays. |
| **Assessments** |  |  |  |  |  |  |