

Year 9 Physical Education Programme of Study

During year 9 students follow an organised programme consisting of the following activities.

Below is the plan for the 3 different groups, all activity areas last for 4 weeks (8 x 1 hour lessons).

Teachers are to set a piece of homework at the end of each term to prepare students for GCSE Theory

Boys 1	Boys 2	Girls	Dates
Football (Palmer)	Basketball (SH)	Netball (Kolbe)	
Basketball (SH)	Football Palmer)	HRF/UA (Kolbe)	
HRF/UA (Kolbe/Palmer)	Gymnastics	Basketball (SH)	
Badminton (SH)	HRF/UA (Kolbe/Palmer)	Gymnastics	
Gymnastics (Gym)	Hockey (Kolbe)	Badminton (SH)	
Hockey/Rounders (Palmer/Kolbe) Teacher option	Badminton (SH)	Dance (Gym)	
Athletics (track)	Tennis (Kolbe)	Rounders (Palmer)	
Tennis (Kolbe)	Cricket (Palmer)	Athletics (track)	
Cricket (Palmer)	Athletics (track)	Tennis/Football (Kolbe)	
Interform/Sportsday New Timetable	Interform/Sportsday New Timetable	Interform/Sportsday New Timetable	

By the end of year 9 pupils are expected to reach attainment levels 6/7.
Exceptional performers can reach levels 8/9

Pupils are assessed in each activity and the criteria for assessment is as follows;

- Select and combine skills, techniques and ideas
- Apply them with precision, control and fluency
- Be able to plan own and others work
- Apply tactics and strategy to planning, adapt according to circumstances
- Analyse own and others strengths and weaknesses
- Suggest ways to improve
- Be able to explain how to prepare for and recover from activities
- Explain how different types of exercise contribute to their fitness and health