

Year 9 PE – Outline Programme of Study

Activities may not be in this order and key knowledge may merge between terms.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big Ideas/ topics	Leadership and Life-skills. Fitness	Badminton	Rugby	Sport Education	Striking/Fielding	Athletics
Key Knowledge	Cooperation Communication Empathy Resilience Working as a member of a team Fitness testing Training methods Warm up/cool down Muscle groups Effects of exercise Components of fitness Training types	Working at a high intensity Fundamental movements relevant for all sports	Developing skills in isolation, then increasing pressure Using skills within small sided and full-sided games	Leading and officiating activities Playing competitively	Using attacking and defensive tactics	Attending extra curricular clubs and participating in house competitions.

Further information and reading list

Couch to 5k <https://www.bbc.co.uk/sport/get-inspired/43501261>

Ways to support and extend student learning in this subject

- Participate in regular exercise out of school
- Join sports clubs in the local area
- Attend FCC clubs after school
- Attempt FCC P.E bucket list tasks**