

Year 9 PE

Key Learning

Pre-Exposure Tasks

Linked Fiction

**Autumn
1**

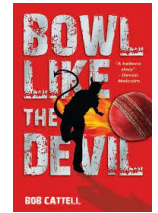
Sport, Health and Wellbeing Activities

Participate in a range of sporting activities and follow a 'teaching games for understanding' and 'performance' model to engage and develop technical skills. Actively engage in lessons and develop an increasing understanding of tactics and strategies within an activity.

**Autumn
2**

Participate in a health-based curriculum to raise awareness of the importance of physical activity and improve levels of fitness and general well being in a range of fitness activities.

Watch youtube clips of activities including Football, Rugby Union, Rugby League, Basketball, Netball, Handball, Trampolining, Badminton and Hockey.



Bowl Like the Devil
Bob Cattell

**Spring
1**

Activity and Health Based Sessions

Continue to experience a range of activities using the 'teaching games for understanding' model to embed your understanding of the rules, tactics and strategies of the activities. Begin to try alternative activities including Kinball to engage and embark on the Ponteland High School leadership programme.

**Spring
2**

Develop an understanding of the sporting activities to increase your knowledge and understanding of these activities: How will you actively improve your weaknesses and levels of physical activity?



Rugby Academy
Tom Palmer

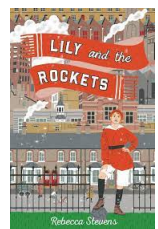
**Summer
1**

Teaching Games for Understanding

Continue to experience a range of activities using the 'teaching games for understanding' model to embed your understanding of the rules, tactics and strategies of activities that are traditionally seasonal including cricket, athletics, and tennis.

**Summer
2**

Begin to try alternative activities including Ultimate Frisbee and Golf to engage and embark on the Ponteland High School leadership programme.



Lily and the Rockets
Rebecca Stevens