

Year 9 Curriculum Overview PE							
Autumn Term	Knowledge & Understanding			Literacy Skills	Employability Skills	Assessment Opportunities	CST
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills	Skills [if any]		
Half term 1 and 2	Football	Year 9 football focuses on developing tactical understanding through full and conditioned match play, where students apply their skills in realistic game situations. Emphasis is placed on decision-making, using space effectively, basic team shape, and understanding attacking and defending roles. Subject-specific vocabulary such as formation, pressing, transition, support play, and set pieces is used to support communication and understanding. This unit enables pupils to perform more consistently in matches while improving awareness, teamwork, and overall game understanding.	Participation in extra-curricular clubs and representing school and town teams.	Use of KO and vocab lists in 'Do Now' tasks.	- Service - Ambition - Compassion - Respect - Equality - Determination - Cooperation - Supporting others - Self improvement - Resilience - Self-reflection - determination - Teamwork - Leadership - Respect - Adhering to rules - Coaching - Analysis - Giving feedback - Presenting/performing - Safety consciousness - Health consciousness - Decision making	MCQ's	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school Solidarity: Team work and the pride in representing St Anne's sports teams.
	Basketball	Year 9 basketball focuses on developing tactical understanding through full game play and conditioned matches, where students apply skills in realistic and competitive situations. Emphasis is placed on decision-making, attacking and defensive strategies, use of space, and team organisation. Subject-specific vocabulary such as fast break, zone defence, man-to-man, transition, and rebound is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving teamwork, tactical awareness, and game performance.	Application of tactics and strategies into competitive situations.	Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results		Formative assessment through small sided games	
			'Do Now' activities based on prior learning	Use of task and technique cards, using keywords and vocabulary.		Summative assessment through full sided games where possible	
			Effectiveness in a variety of sporting roles	Scorecards and analysis sheets		Physical, mental and social to be assessed	
	Table Tennis	Year 9 table tennis focuses on developing tactical understanding through full games and competitive matches, with students applying advanced shot selection and movement under pressure. Emphasis is placed on reading the game, controlling rallies, exploiting space, and making smarter decisions during points. Subject-specific vocabulary such as topspin, backspin, placement, rally, and recovery is used to support communication and understanding. This unit enables pupils to play with more consistency and awareness while improving control, tactics, and overall match performance.	Competency and effectiveness in skill acquisition				
			Demonstrating good physical fitness or improvements in fitness				
			Lead a warm up or cool down.				
			Transfer of knowledge, understanding and skills from one				

	GCSE PE Introduction HRF Tchoukball	Year 10 GCSE PE introduction focuses on developing understanding of the course structure and key theory topics, including the skeletal, muscular, and cardiovascular systems, as well as components of fitness. Emphasis is placed on linking theory to practical performance and beginning to apply knowledge to real sporting examples. Subject-specific vocabulary such as NEA, specification, agonist, antagonist, joint, heart rate, and aerobic is used to support understanding and communication. This unit enables pupils to build a strong foundation for GCSE study while developing early exam skills and knowledge of how the body and fitness impact performance. Year 10 health-related fitness focuses on developing understanding of the components of fitness and how they are tested in sport and exercise settings. Emphasis is placed on applying fitness tests accurately, interpreting results, and linking different components such as strength, speed, agility, and endurance to performance. Subject-specific vocabulary such as aerobic, anaerobic, reliability, validity, test, and norms is used to support understanding and analysis. This unit enables pupils to develop knowledge of fitness testing procedures while improving their ability to evaluate and apply results to sporting performance. Year 9 tchoukball focuses on developing tactical understanding through full game play, with students applying attacking and defensive principles in fast-paced team situations. Emphasis is placed on decision-making, movement off the ball, reading rebounds, and working effectively as a team. Subject-specific vocabulary such as rebound frame, scoring zone, interception, transition, and space is used to support communication and understanding. This unit enables pupils to play more effectively in competitive games while improving awareness, teamwork, and overall tactical performance.	activity area to another. Upholding rules as an umpire, referee or other sporting official Successful decision making and problem solving Effective teamwork and communication within a group.				Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually Providing kit for students on PP list. Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
Year 9 Curriculum Overview PE							
	Knowledge & Understanding			Literacy Skills			

Spring Term	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities	
Half term 3 and 4 Pupils will learn through one composite (activity area) during term one, and move to another in term 2.	Rugby	Year 9 rugby focuses on developing tactical understanding through full and conditioned matches, with students applying skills in more realistic and competitive game situations. Emphasis is placed on decision-making, supporting play, defensive organisation, and adapting to different phases of the game. Subject-specific vocabulary such as ruck, maul, line break, support line, and turnover is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving teamwork, resilience, and overall game performance.	Participation in extra-curricular clubs and representing school and town teams.	Use of KO and vocab lists in 'Do Now' tasks.	- Service - Ambition - Compassion - Respect - Equality - Determination - Cooperation - Supporting others - Self improvement - Resilience - Self-reflection - determination - Teamwork - Leadership - Respect - Adhering to rules - Coaching - Analysis - Giving feedback - Presenting/performing - Safety consciousness - Health consciousness	MCQ's Formative assessment through small sided games Summative assessment through full sided games where possible Physical, mental and social to be assessed	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school Solidarity: Team work and the pride in representing St Anne's sports teams. Preferential treatment for the poor: Saint John Paul II Sports Scholarship
	Badminton	Year 9 badminton focuses on developing tactical understanding through full games and competitive rallies, with students applying advanced shots and movement under pressure. Emphasis is placed on outsmarting opponents, controlling space, varying shot selection, and maintaining consistency during longer rallies. Subject-specific vocabulary such as smash, drop shot, clear, recovery, and court positioning is used to support communication and understanding. This unit enables pupils to play with greater confidence and awareness while improving decision-making, control, and overall match performance.	Application of tactics and strategies into competitive situations.	Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results			
			'Do Now' activities based on prior learning	Use of task and technique cards, using keywords and vocabulary.			
			Effectiveness in a variety of sporting roles	Scorecards and analysis sheets			
	Handball	Year 9 handball focuses on developing tactical understanding through full and conditioned games, with students applying attacking and defensive strategies in fast-paced situations. Emphasis is placed on decision-making, creating and exploiting space, quick transitions, and effective team organisation. Subject-specific vocabulary such as fast break, pivot, interception, overload, and counterattack is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving teamwork, tactical decision-making, and overall game performance.	Competency and effectiveness in skill acquisition				
			Demonstrating good physical fitness or improvements in fitness				
			Lead a warm up or cool down.				
			Transfer of knowledge, understanding and skills from one activity area to another.				
	Volleyball						

	Netball	Year 9 volleyball focuses on developing tactical understanding through full games and competitive rallies, with students applying skills such as serving, setting, passing, and attacking under pressure. Emphasis is placed on communication, positioning, teamwork, and building effective attacking play through controlled rallies. Subject-specific vocabulary such as dig, set, spike, serve, and rotation is used to support communication and understanding. This unit enables pupils to play with greater confidence and consistency while improving teamwork, decision-making, and overall match performance.	Upholding rules as an umpire, referee or other sporting official Successful decision making and problem solving Effective teamwork and communication within a group.				embedded annually Providing kit for students on PP list. Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
	Athletics	Year 9 netball focuses on developing tactical understanding through full and conditioned matches, with students applying attacking and defensive strategies in competitive game situations. Emphasis is placed on movement off the ball, creating space, quick decision-making, and effective team organisation. Subject-specific vocabulary such as centre pass, interception, turnover, shooting circle, and marking is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving teamwork, tactical decision-making, and overall game performance. Year 9 athletics focuses on applying skills in competitive events, with students refining technique in running, jumping, and throwing disciplines. Emphasis is placed on performance, personal bests, pacing, power, and consistency under timed and measured conditions. Subject-specific vocabulary such as acceleration, technique, stride pattern, take-off, and distance is used to support understanding and improvement. This unit enables pupils to perform with greater control and confidence while developing resilience, fitness, and a focus on competitive performance.					

Year 9 Curriculum Overview
Subject

Summer Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities	
	Composites	Components	Formal Retrieval [if any]	Opportunities for developing			

		[KEY concepts & subject specific vocab]		literacy skills			
Half term 5 and 6 Pupils will learn through one composite (activity area) during term one, and move to another in term 2.	Cricket	Year 9 cricket focuses on developing tactical understanding through full matches, with students applying skills in more competitive and game-realistic situations. Emphasis is placed on decision-making, adapting to different game phases, building innings, and working effectively as a team in both batting and fielding roles. Subject-specific vocabulary such as innings, over, strike rate, wicket, and field placement is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving tactical thinking, teamwork, and overall match performance.	Participation in extra-curricular clubs and representing school and town teams. Application of tactics and strategies into competitive situations. ‘Do Now’ activities based on prior learning	Use of KO and vocab lists in ‘Do Now’ tasks. Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results	• Service • Ambition • Compassion • Respect • Equality • Determination • Cooperation • Supporting others • Self improvement • Resilience • Self-reflection • Determination • Teamwork • Leadership • Respect • Adhering to rules • Coaching • Analysis • Giving feedback • Presenting/performing • Safety consciousness • Health consciousness Decision making	MCQ’s Formative assessment through small sided games Summative assessment through full sided games where possible Physical, mental and social to be assessed	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school
	Rounders	Year 9 rounders focuses on developing tactical understanding through full games, with students applying skills in more competitive and realistic match situations. Emphasis is placed on decision-making when batting and fielding, choosing effective shots, accurate throwing, and smart positioning in the field. Subject-specific vocabulary such as backstop, deep field, no-ball, rounder, and post is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving teamwork, tactics, and overall game performance.	Effectiveness in a variety of sporting roles Competency and effectiveness in skill acquisition Demonstrating good physical fitness or improvements in fitness	Use of task and technique cards, using keywords and vocabulary. Scorecards and analysis sheets			Solidarity: Team work and the pride in representing St Anne’s sports teams.
	Softball	Year 9 softball focuses on developing tactical understanding through full games, with students applying skills in more competitive and game-realistic situations. Emphasis is placed on decision-making in batting, pitching, and fielding, along with positioning and working effectively as a team. Subject-specific vocabulary such as strike zone, home plate, inning, outfield, and pitch is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving teamwork, tactical awareness, and overall performance.	Lead a warm up or cool down. Transfer of knowledge, understanding and skills from one activity area to another.				Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually
	Padel	Year 9 padel focuses on developing tactical understanding through full games, with students applying skills in competitive and realistic match situations. Emphasis is placed on shot selection, using the walls effectively, positioning, and working as a pair to outplay opponents. Subject-specific vocabulary such as volley, lob, glass wall,	Upholding rules as an umpire, referee or other sporting official				

		rally, and court positioning is used to support communication and understanding. This unit enables pupils to play with greater awareness and consistency while improving teamwork, decision-making, and overall match performance.	Successful decision making and problem solving Effective teamwork and communication within a group.				Providing kit for students on PP list. Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
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