

Overview of Year 9 Physical Education Curriculum

The overall aim in Year 9 is for the pupils to build upon the work in years 7 and 8 and improve or refine their physical and mental skills in Physical Education. Throughout the year they will be given the opportunities to engage in health promoting physical activity. They will be taught how to prepare for particular activities and to recover afterwards, the short and long term effects of exercise on the body and the role of exercise in establishing and maintaining health.

Activities

In Year 9 the pupils will develop knowledge and understanding of Physical Education through the following activities - Athletics, Mini Tennis, Basketball, Cricket, Cross Country, Gymnastics, Orienteering, Rugby, football. Health related fitness is taught in all of the activities.

The pupils will be expected to have a secure knowledge of the short and long term effects of exercise on the body and the role of exercise in establishing and maintaining health. They will also be required to develop and refine their understanding of **health related fitness** such as stamina, speed, strength, and agility and how these relate to each of the activities.

Homework

Homework requires the pupils to practise and develop movement skills for each activity covered.

The pupils will be required to provide evidence of their understanding of Physical Education by producing a basic personal exercise plan for two specific activity.

Examinations/Key assessments

Each physical activity will be operated on a fixed time unit at the end of which the pupils will be formally assessed on Acquiring and developing Skills, Selecting and Applying Skills, Evaluating and Improving Skills, Developing Knowledge of Understanding of Fitness and Health

The pupils will also have the opportunity to complete a self-assessment sheet for each of the 8 activities.

They will also be required to understand and complete assessment for learning tasks. This involves the pupils in the assessment process and helps teaching and learning.

How Parents can help

1. By ensuring that your son has the correct P.E. kit for each activity as shown on his timetable. (indoor/outdoor lessons, football boots are essential in the winter months)
2. By naming all items of his P.E. Kit.
3. By ensuring that your son participates fully in the physical education programme.
4. By encouraging your son to attend clubs or after school practices/matches. Your support at the games field will be much appreciated.