

Curriculum Summary Document

Year 9 – Physical Education

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students for transition into Key Stage 4?	Links to other Subjects
Invasion Games & Team Sports	Autumn Term	<p>Students refine advanced techniques in rugby, football and handball, applying strategies with greater independence.</p> <p>They learn to analyse opposition play, adjust tactics in real time and communicate effectively to solve problems in competitive situations.</p>	<p>This unit prepares students for KS4 by strengthening independence in decision-making, applying tactics across varied contexts and developing resilience in competitive challenges.</p> <p>Students practise analysing performance and articulating strengths using accurate subject vocabulary.</p>	<p>Oracy: developing precise spoken explanation</p> <p>Science: understanding body systems and training effects</p>
Fitness, Gymnastics & Personal Development	Autumn/ Spring Term	<p>Students develop deeper understanding of fitness principles, safe training methods and how the body adapts to exercise.</p> <p>Through gymnastics and functional movement work, they improve control, strength and coordination while evaluating performance with increased accuracy.</p>	<p>Students build readiness for KS4 through understanding training methods, fitness components and safe exercise practice.</p> <p>They develop discipline, self-management and the ability to evaluate personal progress—key habits for KS4 expectations.</p>	<p>Maths: analysing and interpreting performance data</p> <p>Dance: refining control, coordination and fluency</p>
Net/Wall, Striking & Fielding & Athletics	Spring/ Summer Term	<p>Students refine technical precision in badminton, tennis, cricket and rounders.</p> <p>They learn to apply tactics across changing scenarios, adapt technique under pressure and track performance data in athletics to recognise strengths and areas for improvement.</p>	<p>Students develop the ability to interpret performance data, adapt technique and apply strategies with independence.</p> <p>These skills support KS4 expectations around problem-solving, extended explanation and applying knowledge across unfamiliar situations.</p>	
Healthy Active Lifestyles	Fortnightly lesson across the year	<p>Students learn how to plan and participate in a range of physical activities that promote long-term health and wellbeing.</p> <p>They explore the benefits of regular exercise, make informed choices about activity levels and reflect on how lifestyle, nutrition and physical activity link to both physical and mental health.</p>	<p>This unit prepares students for KS4 by developing independence in managing their own physical activity and health choices.</p> <p>Students practise reflecting on their habits, setting realistic goals and using subject vocabulary to explain how lifestyle decisions impact long-term wellbeing—key foundations for KS4 core PE and GCSE PE concepts.</p>	<p>Science: understanding body systems, energy balance and health</p> <p>PSHE: making informed lifestyle and wellbeing choices</p>