

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	Students refine advanced techniques in rugby, football and handball, applying strategies with greater independence. They learn to analyse opposition play, adjust tactics in real time and communicate effectively to solve problems in competitive situations.	This unit prepares students for KS4 by strengthening independence in decision-making, applying tactics across varied contexts and developing resilience in competitive challenges. Students practise analysing performance and articulating strengths using accurate subject vocabulary.	Oracy: developing precise spoken explanation Science: understanding body systems and training effects
Fitness, Gymnastics & Personal Development	Autumn/ Spring Term	Students develop deeper understanding of fitness principles, safe training methods and how the body adapts to exercise. Through gymnastics and functional movement work, they improve control, strength and coordination while evaluating performance with increased accuracy.	Students build readiness for KS4 through understanding training methods, fitness components and safe exercise practice. They develop discipline, self-management and the ability to evaluate personal progress—key habits for KS4 expectations.	Maths: analysing and interpreting performance data Dance: refining control, coordination and fluency
Net/Wall, Striking & Fielding & Athletics	Spring/ Summer Term	Students refine technical precision in badminton, tennis, cricket and rounders. 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.	Students develop the ability to interpret performance data, adapt technique and apply strategies with independence. These skills support KS4 expectations around problem-solving, extended explanation and applying knowledge across unfamiliar situations.	
Healthy Active Lifestyles	Fortnightly lesson across the year	Students learn how to plan and participate in a range of physical activities that promote long-term health and wellbeing. 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.	This unit prepares students for KS4 by developing independence in managing their own physical activity and health choices. 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.	Science: understanding body systems, energy balance and health PSHE: making informed lifestyle and wellbeing choices