



## **Physical Education: Year 9 Overview**

In Year 9, PE is taught in form groups. This will be a class of mixed ability, where students will be supported to develop competence in a number of activities, as well as improving general fitness.

We have found that this approach enables all students to work in an aspirational environment, in contrast to sets where one 'top set' will work well but to the detriment of all other groups.

Blocks are split as they are for Year 7, so each block of work usually lasts for 8 hours. In Year 9, we expect each teaching group to be taught more complex skills in each activity block and a larger expectation is placed on putting the skills learnt into competitive small sided games or match situations.

### **Activities covered in Year 8**

Basketball, football, fitness, trampolining, netball, athletics, badminton, volleyball, table tennis, rounders. Students finish the year with a Sports Experience block (3 hours per sport) playing hockey, handball, mini tennis.