



Physical Education



Archdiocese of Liverpool

Curriculum intent:

The intent of the PE curriculum at St. Gregory's Catholic High School is to strike the right balance between provision, participation and performance for all of our pupils. The PE curriculum has been designed to provide pupils with an enjoyable and stimulating experience, which broadens their sporting horizons and provides the platform for a lifelong healthy lifestyle.

Our intent as a department is to ensure that our curriculum

1. Provides our pupils with new sporting experiences and increases their intellectual understanding of the subject
2. Fosters a love of learning for the subject that stimulates the academic and practical inquisitiveness of our pupils
3. Creates clear pathways for pupils to study the subject further in Key Stage 4 and beyond secondary education into post -16 education and employment

Year 9

TERM 1

Content

Netball
Basketball
Health Related Fitness
Rugby
Badminton
Football
Components of Fitness- Knowledge and understanding
Skill Acquisition – Knowledge and understanding

Concepts and Skills

- Development of key skills and attributes for successful implementation in competitive situations
- Positional awareness with regards to team sports. (Role specific performance)
- Develop leadership through student led activities
- Identification of fitness components and how they link to various sporting movements and activities
- Understanding and identification of differing skill types within different sports and sporting movements

TERM 2

Netball
Basketball
Dance
Health Related Fitness
Rugby
Football
Badminton
Aerobic/ Anaerobic respiration- Knowledge and understanding
Recovery Process- Knowledge and understanding

- Development of key skills and attributes for successful implementation in competitive situations
- Positional awareness with regards to team sports. (Role specific performance)
- Develop leadership through student led activities
- Decision making skills regarding shot/ technique application. Eg. When to use a smash shot in badminton/ when to perform a grubber kick in rugby
- Understanding and identification of aerobic and anaerobic sporting activities
- Identification and explanation of different recovery techniques to avoid fatigue and injury

TERM 3

Athletics
Track
Short/ middle/ long distance running
Field
Long/ triple/ high jump
Discus/ shot/ javelin
Striking and Fielding
Rounders
Softball
Sporting and Olympic Values- Knowledge and understanding

- Improvement of key techniques required for track and field events
- Contextualising events in order for pupils to reflect on personal performance and address development areas. Eg Run up/ take-off/ flight stages of long jump or start/ pick up phase/ finish of 100m
- Understanding of Olympic and sporting values and how they relate to both sport, society and the St. Gregory's Catholic High School community in a positive manner.

