

STMLC	Year Group 9
Subject	P.E.
Autumn Term 1	<p>Sports Education</p> <ul style="list-style-type: none"> • Students rotate through three activities (Basketball/Football/Dodgeball) over 6 weeks. • In teams, students must plan their skills session for the following week. • Students must produce a 10-minute warm-up (pulse raiser, static and ballistic stretches and a warm-up game) • Students must produce three, 10-minute skills practices that will develop that week's particular skill e.g. dribbling in Basketball. • Students will then apply what they have learnt in a competition format. • Each week, teams are assessed on their lesson plan, skills session and practical performance.
Autumn Term 2	<p>Sports Leaders Award - Qualification</p> <ul style="list-style-type: none"> • Skills and Behaviours needed to lead others • Be able to use leadership skills and behaviours effectively • Be able to take on the roles and responsibilities of an official in sport/physical activity
Spring Term 3	<p>Sports Leaders Award - Qualification</p> <ul style="list-style-type: none"> • In groups plan your activity • Practice delivering your activity and amend the issues • Practice assessment • Final assessment with Primary schools.
Spring Term 4	<p>Introduction to the BTEC Course</p> <p>Students in year 9 get a basic introduction into the BTEC course in preparation for their Option choices.</p> <ul style="list-style-type: none"> • Students will complete the "Cube" and learn about the different components of fitness • Sample different methods of training • Practice fitness tests.
Summer Term 5	<p>Athletics</p> <ul style="list-style-type: none"> • Track and Field Events • Rules and scoring systems for each event • Measuring Speed and Power • Learning how to pace • Calibrating equipment
Summer Term 6	<p>Striking and Fielding</p> <p>Match Play in Rounders /Cricket/Softball.</p>
Home learning	Year 9 have Lessons to plan for both Sports Education and the Sports Leaders course

Serving God, striving for excellence

