



# Blue Coat Church of England Academy

**Year: 9**

**Subject: PE**

## Overview

In Year 9, students continue to build upon the foundational skills developed in Years 7 and 8, progressing toward more advanced techniques and tactical understanding across a diverse range of sports. The curriculum is designed to challenge students physically, mentally, and socially, while promoting leadership, teamwork, and personal development.

### **Activities Covered**

- **Badminton**
- **Trampolining**
- **Football**
- **Fitness**
- **Netball**
- **Pickleball**
- **Athletics**
- **Cricket**
- **Rounders**

Each sport is taught with a focus on:

- Refining and applying advanced skills
- Understanding and implementing tactics
- Enhancing performance through sport-specific fitness components

### **Assessment Areas**

Students are assessed in three key domains:

1. **Performer** – Skill execution, tactical awareness, and overall performance
2. **Leader** – Ability to lead warm-ups, coach peers, and demonstrate initiative
3. **Official** – Understanding and application of rules, scoring, and officiating

### ***Fitness Focus***

Each half term includes a targeted **component of fitness** embedded within the sport being taught. Examples include:

- **Cardiovascular Endurance** in Football and Netball
- **Muscular Strength** in Trampolining and Fitness
- **Flexibility** in Badminton and Pickleball
- **Speed and Agility** in Athletics and Cricket

This approach ensures students not only improve their sport-specific skills but also develop a deeper understanding of how fitness impacts performance.

### ***Curriculum Intent***

The Year 9 PE curriculum aims to:

- Promote lifelong participation in physical activity
- Develop confident, competent, and reflective learners
- Prepare students for the demands of KS4 PE and beyond