



## Year 9 Physical Education Curriculum Overview 2017-2018

### Term 1

- Team sports; rotation 1 of football, basketball and volleyball
- Multi-sport activities; rotation 1 of handball, uni-hok, touch rugby, cricket, rounders, dance and gymnastics
- Fitness activities; understanding of working heart rate and recovery , continuous training [1.2 – 2.8 km]



### Term 2

- Team sports; rotation 2 of football, basketball and volleyball
- Multi-sport activities; rotation 2 of handball, uni-hok, touch rugby, cricket, rounders, dance and gymnastics
- Fitness activities; CSB[ core stability balance] circuit training, fit dance
- Fitness testing; specific components of endurance, speed, agility, power, flexibility
- Athletics; technique of sprints, relay, middle distance, high jump and ball throw

### Term 3:



- Team sports; rotation 3 of football, basketball and volleyball
- Multi-sport activities; rotation 3 of handball, uni-hok, touch rugby, cricket, rounders, dance and gymnastics
- Fitness activities; CSB[ core stability balance] circuit training, fit dance
- Swimming techniques of all swimming strokes, starts and turns