

Year 9 PE Programme 2016-17

	9PE1 OB	9PE2 PDH	9PE3 NJF
W/C 5 th Sep	Fitness Tests	Fitness Tests	Fitness Tests
W/C 12 th Sep			
W/C 19 th Sep	Football	Netball	Hockey
W/C 26 th Sep			
W/C 3 rd Oct			
W/C 10 th Oct			
W/C 17 th Oct			
W/C 31 st Oct	Hockey	Football	Netball
W/C 7 th Nov			
W/C 14 th Nov			
W/C 21 st Nov	Hockey/netball	Football/hockey	Netball/football
W/C 28 th Nov			
W/C 5 th Dec			
W/C 12 th Dec			
W/C 19 th Dec	Fitness tests	Fitness tests	Fitness tests
W/C 9 th Jan	Opt 1: Badminton	Opt 2:Trampolining	Opt 3: Dance
W/C 16 th Jan			
W/C 23 rd Jan			
W/C 30 th Jan	Opt 1: badminton	Opt 2: trampolining	Opt 3: Dance
W/C 6 th Feb			
W/C 13 th Feb			
W/C 27 th Feb	Methods of Training	Methods of Training	Methods of Training
W/C 6 th March			
W/C 13 th March			
W/C 20 th March			
W/C 27 th March	Inter-house	Inter-house	Interhouse
W/C 17 th April			
W/C 24 th April	Volleyball	Aerobics	Basketball
W/C 1 st May			
W/C 8 th May			
w/c 15 th May	fielding	fielding	athletics
w/c 22 nd May			
w/c 5 th June			
w/c 12 th June	athletics	athletics	fielding
w/c 19 th June			
w/c 26 th June			
w/c 3 rd July			
w/c 10 th July	OPTIONS	OPTIONS	OPTIONS
w/c 17 th July			

	THEME	Mastery	9PE1	LINK TO GCSE	HWK
W/C 5 th Sep	Fitness		Expectations/kit/assessment booklets and mini game		PE equipment and respect/teamwork
			Three tests on rotation with group: 35m sprint/muscular endurance/co-ordination/power		
W/C 12 th Sep	Fitness		12 minute cooper run		HRF worksheet on three tests
			ABSENT = COLOMENDY TRIP		
W/C 19 th Sep	Fitness		3 x remaining tests on agility/balance and ruler drop test – results recorded in assessment booklets		
W/C 26 th Sep	Invasion		Football – Revise – Pass and receive, “give and go”,		Personalised sporting worksheet
			Football - Heading		
W/C 3 rd Oct	Invasion		Football Dribble and Turn		
			Football - Dribbling to beat an opponent		
W/C 10 th Oct	Invasion		Football : Shooting/Games (assessment of football with self and peer assessment in booklets)		
			Netball : The basic skills and rules of the game.		
W/C 17 th Oct	Invasion		Netball : Footwork		
			Netball : Throwing/ receiving.		
W/C 31 st Oct	Invasion		Netball : Attacking/Defending play		
			Netball : Games and assessment – assessment booklets self/peer assess		
W/C 7 th Nov	Invasion		Hockey - Straight dribbling technique. Indian dribbling,		
			Hockey - Hitting- Moving forward to meet the ball.		

W/C 14 th Nov	Sports- Hall		Hockey - Tackling.-Block.-Jab.-Reverse stick tackling		
			Hockey - Support play. Defending a free hit.		
W/C 21 st Nov			Hockey - Shooting		
			Hockey – Games and Assessment Assessment booklets self/peer assess		
W/C 28 th Nov			Sports Hall Athletics: Introduction to sports-hall athletics and events: assessment record in booklets.		
			Sports Hall Athletics:		
W/C 5 th Dec			Sports Hall Athletics		
		Sports Hall Athletics			
W/C 12 th Dec			Fitness – Circuit Training		
			Fitness – Cooper Run		
W/C 19 th Dec			Fitness Tests		
			Fitness Tests		
W/C 9 th Jan			Gymnastics		
W/C 16 th Jan					
W/C 23 rd Jan			Dance		
W/C 30 th Jan					
W/C 6 th Feb			Trampolining		
W/C 13 th Feb					
W/C 27 th Feb			Fitness & Health		
W/C 6 th March					
W/C 13 th March					
W/C 20 th March			Opt 1 – Basketball		
W/C 27 th March					
W/C 17 th April			Athletics		

W/C 24 th April					
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