Year 9 Long Term Scheme of Learning 2026-2027

Subject: PE

Year 9 PERFORMANCE OF FUNDAMENTAL SKILLS AND PRINCIPLES
☐ use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, netball, rounders, rugby and tennis] ☐ develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] ☐ perform dances using advanced dance techniques within a range of dance styles and forms ☐ analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

<table>
<tr><th>Date</th><th>Exams/ Assessments</th><th>Learning Intentions</th><th>Core Task/Assessments</th></tr>
<tr><td>31/08/26</td><td></td><td rowspan="8"><table><tr><th>Boys</th><th>Girls</th></tr><tr><td>Football</td><td>Netball</td></tr><tr><td>Health & Fitness</td><td>Badminton</td></tr></table></td><td rowspan="8">Students will be assessed on each of the two activities covered every half term. They will be assessed on three strands on a 1-9 scale : Thinking skills; Social skills; Physical skills</td></tr>
<tr><td>07/09/26</td><td></td></tr>
<tr><td>14/09/26</td><td></td></tr>
<tr><td>21/09/26</td><td></td></tr>
<tr><td>28/09/26</td><td></td></tr>
<tr><td>05/10/26</td><td></td></tr>
<tr><td>12/10/26</td><td></td></tr>
<tr><td>19/10/26</td><td></td></tr>
<tr><td>26/10/26</td><td colspan="2">HALF TERM</td><td></td></tr>
<tr><td>02/11/26</td><td></td><td rowspan="7"><table><tr><th>Boys</th><th>Girls</th></tr><tr><td>Basketball</td><td>Football</td></tr><tr><td>Running Activities</td><td>Health & Fitness</td></tr></table></td><td rowspan="7">Students will be assessed on each of the two activities covered every half term. They will be assessed on three strands on a 1-9 scale : Thinking skills; Social skills; Physical skills</td></tr>
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<tr><td>16/11/26</td><td></td></tr>
<tr><td>23/11/26</td><td></td></tr>
<tr><td>30/11/26</td><td></td></tr>
<tr><td>07/12/26</td><td></td></tr>
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<table>
<tr><td>21/12/26
28/12/26</td><td colspan="2">CHRISTMAS HOLIDAY</td><td></td></tr>
<tr><td>04/01/27</td><td></td><td rowspan="6"><table><tr><th>Boys</th><th>Girls</th></tr><tr><td>Tag Rugby</td><td>Volleyball</td></tr><tr><td>Dodgeball</td><td>Tag Rugby</td></tr></table></td><td rowspan="6">Students will be assessed on each of the two activities covered every half term. They will be assessed on three strands on a 1-9 scale : Thinking skills; Social skills; Physical skills</td></tr>
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<tr><td>18/01/27</td><td>Y9</td></tr>
<tr><td>25/01/27</td><td></td></tr>
<tr><td>01/02/27</td><td></td></tr>
<tr><td>08/02/27</td><td></td></tr>
<tr><td>15/02/27</td><td colspan="2">HALF TERM</td><td></td></tr>
<tr><td>22/02/27</td><td></td><td rowspan="5"><table><tr><th>Boys</th><th>Girls</th></tr><tr><td>Track Athletics</td><td>Dance</td></tr><tr><td>Badminton</td><td>Track Athletics</td></tr></table></td><td rowspan="5">Students will be assessed on each of the two activities covered every half term. They will be assessed on three strands on a 1-9 scale : Thinking skills; Social skills; Physical skills</td></tr>
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<tr><td>22/03/27</td><td></td></tr>
<tr><td>29/03/27
05/04/27</td><td colspan="2">SPRING BREAK</td><td></td></tr>
<tr><td>12/04/27</td><td></td><td rowspan="7"><table><tr><th colspan="2">Boys</th><th colspan="2">Girls</th></tr><tr><td colspan="2">Field Athletics</td><td>Tennis</td><td>Cricket</td></tr><tr><td>Softball/Cricket</td><td>Tennis</td><td colspan="2">Field Athletics</td></tr></table></td><td rowspan="7">Students will be assessed on each of the two activities covered every half term. They will be assessed on three strands on a 1-9 scale : Thinking skills; Social skills; Physical skills</td></tr>
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Invasion Games (football, basketball, netball, tag rugby)
Students will apply skills in selected activities to achieve good levels of performance. They will apply principles of attack (penetration, support, width, mobility, and creativity) and defense (pressure, delay, depth, compactness, patience and predictability) in increasingly complex situations. They will apply their fundamental movement skills including passing and receiving, footwork, moving with the ball, tackling/intercepting/guarding and shooting/scoring in practice in a range of competitive situations.

Net/wall games (badminton, tennis, dodgeball)
Students will apply tactics of consistency (positioning, footwork, skill mechanics, accuracy), attack (shot placement, communication, shot selection, shot location), and defense (recovery, formations, shot return) to activities to achieve good levels of performance. They will apply their fundamental movement skills including grip, serving, overhead and underarm shots, net play, smash shots and the use of disguise in practice in a range of activities.

Striking and fielding games (cricket, softball, rounders)
Students will apply tactics of how to score runs (accurately hit the ball, avoid getting out) and how to stop the opposition scoring runs (making hitting difficult, get the batter out) to achieve a good level of performance in activities. They will apply their fundamental movement skills including the batting skills of grip, stance, footwork and shot selection, and the bowling skills of grip, delivery, follow through, and consistency, and fielding skills of stopping and returning, and catching in practice in a range of activities.

Health & Fitness & Running activities
Students will be taught how to eat sensibly, and why it is important to lead a healthy lifestyle. They will experience a variety of methods of training including circuit, HITT, interval, continuous and fartlek. They will use their knowledge of the components of fitness including cardiovascular fitness, strength and muscular endurance to plan their own and others training using the principles of training including specificity, progressive overload, FITT, reversibility, thresholds of training and the aerobic/anaerobic continuum.

Athletics
Students will apply their fundamental movement skills in relation to running (starts, posture, pacing, leg and arm action, coordination of legs and arms and stride pattern), jumping (run-up, take-off, flight and landing) and throwing (grip, preparation, movement and release) in activities. They will apply these skills in both track and field events to achieve good levels of performance.

Dance
In dance students will be taught to perform dances using dance techniques including travel, balance, turning, jumps and motifs in order to explore ideas, concepts and emotions with increasing competence and confidence.

All activities
In all activities students will learn to use appropriate vocabulary to make well founded judgements on their own and others' work to improve performances, showing respect and support for fellow participants. They will show confidence in most situations when leading small groups, be able to explain why it is important to exercise regularly, and be physically fit and remain active for reasonable periods to help promote health and fitness.