# YEAR 9× PE CURRICULUM 15/16

		GROUP 1	GROUP 2	GROUP 3
		GROUP I	Group 2 Girls	GROUP 3 Mixed
		Giris	Giris	Mixed
		Accurate replication	Outwitting an opponent	Accurate replication
	Mon 1	(Gymnastics)	(Astro)	(Trampolining)
		(Ct)	(Su)	(Bf)
Week 1		Outwitting an opponent	Couch to 5km	Fitness Profiling
	Thurs 1	(Astro)	(Su)	(Bf)
		(Ct)		
		Accurate replication	Outwitting an opponent	Accurate replication
	Mon 5	(Gymnastics)	(Astro)	(Trampolining)
Week 2		(Ct)	(Bf)	(PDN)
	Thurse F	Outwitting an opponent	Couch to 5km	Fitness Profiling
	Thurs 5	(Astro) (Ct)	(Su)	(Bf)
			HOLIDAY	
		Healthy Active Lifestyle	Accurate replication	Fitness Programme (out)
	Mon 1	(PE1)	(Trampolining)	(PDN))
Week 1		(C†)	(Bf)	
Week 1		Healthy Active Lifestyle	Problem solving	Fitness Programme (in)
	Thurs 1	(PE1)	(OAA)	(Bf)
		(C†)	(Su)	
	AA . E	Outwitting an opponent	Accurate replication	Fitness Programme (out)
	Mon 5	(Field)	(Trampolining)	(PDN)
Week 2		(Ct) Outwitting an opponent	(Bf) Problem solving	Fitness Programme (in)
	Thurs 5	(Field)	(OAA)	(Bf)
	Thurs J	(rield) (Ct)	(Su)	(01)
		CHRISTMAS HO	, , ,	
		Problem solving	Accurate replication	Outwitting an opponent
	Mon 1	(OAA)	(Gymnastics)	(Basketball)
Week 1		(C†)	(Su)	(PDN)
WEEK I	_	Accurate replication	Outwitting an opponent	Outwitting an opponent
	Thurs 1	(Trampolining)	(Field)	(Table tennis)
		(Bf)	(Su)	(PDN)
	Mon 5	Problem solving (OAA)	Accurate replication (Gymnastics)	Outwitting an opponent (Basketball)
	Mon 5	(Ct)	(Bf)	(PDN)
Week 2		Accurate replication	Outwitting an opponent	Outwitting an opponent
	Thurs 5	(Trampolining)	(Field)	(Table tennis)
		(Bf)	(Su)	(PDN)
		FEBRUARY 1/2 TERM		
		Exercising safely &	Healthy Active Lifestyle	Outwitting an opponent
	Mon 1	effectively (HRE)	(PE1)	(Hockey)
Week 1		(Ct)	(Su)	(Bf)
		Couch to 5km	Healthy Active Lifestyle	Outwitting an opponent
	Thurs 1	(C†)	(PE1) (Su)	(Badminton) (Bf)
Week 2		Exercising safely &	Outwitting an opponent	Outwitting an opponent
	Mon 5	effectively (HRE)	(Court)	(Hockey)
		(Ct)	(Bf)	(PDN)
	Thurs 5	Couch to 5km	Outwitting an opponent	Outwitting an opponent
		(C†)	(Court)	(Badminton)
			(Su)	(Bf)

# YEAR 9x PE CURRICULUM 15/16

GROUP 1	GROUP 2	GROUP 3
Girls	Girls	Mixed

#### EASTER HOLIDAY

		Outwitting an opponent	Performing at max levels	Leadership
Week 1	Mon 1	(Rounders)	(Athletics)	(Bf)
		( <i>C</i> †)	(Su)	
WEER I	Thurs 1	Performing at max levels	Outwitting an opponent	Leadership
		(Athletics)	(Rounders)	(Bf)
		(C†)	(Su)	
		Outwitting an opponent	Performing at max levels	Performing at max levels
	Mon 5	(Rounders)	(Athletics)	(Field Athletics)
Week 2		(C†)	(Bf)	(PDN)
WEER Z		Performing at max levels	Outwitting an opponent	Performing at max levels
	Thurs 5	(Athletics)	(Rounders)	(Field Athletics)
		(C†)	(Su)	(Bf)
		MAY ½ TERM HOL	.IDAY	
		Outwitting an opponent	Exercising safely &	Performing at max levels
	Mon 1	(Tennis)	effectively (HRE)	(Track Athletics)
Week 1		( <i>C</i> †)	(Su)	(Bf)
WEER I		Outwitting an opponent	Outwitting an opponent	Outwitting an opponent
	Thurs 1	(Court)	(Tennis)	(Tennis)
		( <i>C</i> †)	(Su)	(Bf)
		Outwitting an opponent	Exercising safely &	Performing at max levels
	Mon 5	(Tennis)	effectively (HRE)	(Track Athletics)
Week 2		( <i>C</i> †)	(Bf)	(PDN)
week 2		Outwitting an opponent	Outwitting an opponent	Outwitting an opponent
	Thurs 5	(Court)	(Tennis)	(Tennis)
		(C†)	(Su)	(Bf)

RULES	<u>PE KIT</u>	
<b>No jewellery</b> is to be worn during your PE lessons.	The appropriate PE Kit should be brought to <b>every</b> lesson: INDOOR LESSONS	
	<u>Gym/Dance:</u> White T-shirt, Black shorts/Black Leggings (optional)	
Hair bands should be brought to	Court/Exercising Safely & Effectively/Trampolining: White T-Shirt, Black	
tie back long hair - an elastic band	Shorts/Black Tracksuit Bottoms (optional)/ Black leggings (optional for	
will be provided	trampolining) Purple Socks, Trainers	
Letters from Parents/Guardians	OUTDOOR LESSONS	
are only accepted if you have a	<u>Field/Football/Rugby:</u> Rugby Shirt, Black Shorts/Black Tracksuit bottoms	
medical condition/injury - PE Kit	(optional), Purple Socks, Football Boots, Shin Pads, Mouth guard (rugby)	
must still be brought to the	<u>Netball/Hockey:</u> Rugby Shirt, Black Shorts/ Black Tracksuit bottoms	
lesson to assist in another role ie	(optional), Purple Socks, Trainers, Shin pads & Mouth guard (hockey)	
coach, official, leader	Athletics/Cricket/Rounders/Tennis: White T-Shirt, Black Shorts/Black	
	Tracksuit Bottoms (optional), Purple Socks, Trainers	
Always <b>try your best</b> no matter	(Up to Oct $\frac{1}{2}$ term holiday & after Easter holiday: Rugby shirt optional)	
what the activity or your ability.		
	SANCTIONS - PER HALF TERM	
	3 PE Kit Marks = 15 min detention 4 PE Kit Marks = 30 min detention	
	5 PE Kit Marks = 1 hour afterschool detention	

# YEAR 9X PE CURRICULUM 14/15

		GROUP 3	GROUP 4	GROUP 5
		Mixed	Boys	Boys
			<u>_</u>	•
		Accurate replication	Outwitting an opponent	Healthy Active Lifestyle
	Mon 1	(Trampolining) (Bf)	(Rugby) (PDN)	(PE1) (DWD)
Week 1		Fitness Profiling	Outwitting an opponent	Healthy Active Lifestyle
	Thurs 1	(Bf)	(Basketball)	(PE1)
			(PDN)	(DWD)
	Mon 5	Accurate replication (Trampolining)	Outwitting an opponent (Rugby)	Outwitting an opponent (Football)
M/ 1. 2	Mon 5	(PDN)	(Rug2)) (Fr)	(DWD)
Week 2		Fitness Profiling	Outwitting an opponent	Outwitting an opponent
	Thurs 5	(Bf)	(Basketball)	(Football)
			(PDN) ER	(Fr)
		Fitness Programme	Accurate replication	Outwitting an opponent
	Mon 1	(PDN)	(Gymnastics)	(Rugby)
Week 1			(Su)	(DWD)
WEER I	<b>T</b> human 1	Fitness Programme	Outwitting an opponent	Outwitting an opponent
	Thurs 1	(Bf)	(Football) (PDN)	(Basketball) (DWD)
		Fitness Programme	Accurate replication	Outwitting an opponent
	Mon 5	(PDN)	(Gymnastics)	(Rugby)
Week 2	-		(Fr)	(DWD)
	Thurs 5	Fitness Programme (Bf)	Outwitting an opponent (Football)	Outwitting an opponent (Basketball)
			(PDN)	(Fr)
	CHRISTMAS HOLIDAY			
		Outwitting an opponent	Healthy Active Lifestyle	Problem solving
	Mon 1	(Basketball) (PDN)	(PE1) (Bf)	(OAA) (DWD)
Week 1		Outwitting an opponent	Healthy Active Lifestyle	Accurate replication
	Thurs 1	(Table tennis)	(PE1)	(Gymnastics)
		(PDN)	(DWD)	(C†)
	Mon 5	Outwitting an opponent (Basketball)	Outwitting an opponent (Hockey)	Problem solving
	Mon 5	(PDN)	(Filler)	(OAA) (DWD)
Week 2		Outwitting an opponent	Outwitting an opponent	Accurate replication
	Thurs 5	(Table tennis)	(Hockey)	(Gymnastics)
		(PDN)	(Fr)	(Ct)
		FEBRUAI Outwitting an opponent	RY <sup>1</sup> / <sub>2</sub> TERM HOLIDAY Problem solving	Leadership
	Mon 1	(Hockey)	(OAA)	(DWD)
Week 1		(Bf)	(PDN)	· · ·
WEER I		Outwitting an opponent	Leadership	Outwitting an opponent
	Thurs 1	(Badminton) (Bf)	(PDN)	(Hockey) (DWD)
		Outwitting an opponent	Problem solving	Leadership
	Mon 5	(Hockey)	(OAA)	(DWD)
Week 2		(PDN)	(Fr)	
	Thung 5	Outwitting an opponent (Redminton)	Leadership (RDN)	Outwitting an opponent
	Thurs 5	(Badminton) (Bf)	(PDN)	(Hockey) (Fr)
				(17)

# YEAR 9X PE CURRICULUM 14/15

		GROUP 3	GROUP 4	GROUP 5
		Mixed	Boys	Boys
		EA	STER HOLIDAY	·
	Mon 1	Leadership (Bf)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (DWD)
Week 1	Thurs 1	Leadership (Bf)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (DWD)
Week 2	Mon 5	Performing at max levels (Field Athletics) (PDN)	Exercising safely & effectively (HRE) (Fr)	Outwitting an opponent (Tennis) (DWD)
week 2	Thurs 5	Performing at max levels (Field Athletics) (Bf)	Exercising safely & effectively (HRE) (PDN)	Outwitting an opponent (Tennis) (Fr)
	MAY ½ TERM HOLIDAY			
Week 1	Mon 1	Performing at max levels (Track Athletics) (Bf)	Outwitting an opponent (Cricket) (PDN)	Performing at max levels (Athletics) (DWD)
Weer I	Thurs 1	Outwitting an opponent (Tennis) (Bf)	Performing at max levels (Athletics) (PDN)	Exercising safely & effectively (HRE) (DWD)
Week 2	Mon 5	Performing at max levels (Track Athletics) (PDN)	Outwitting an opponent (Cricket) (Fr)	Performing at max levels (Athletics) (DWD)
Week 2	Thurs 5	Outwitting an opponent (Tennis) (Bf)	Performing at max levels (Athletics) (PDN)	Exercising safely & effectively (HRE) (Fr)

RULES	<u>PE KIT</u>	
<b>No jewellery</b> is to be worn during your PE lessons.	The appropriate PE Kit should be brought to <b>every</b> lesson: INDOOR LESSONS	
Hair bands should be brought to tie back long hair - an elastic band will be provided	<u>Gym/Dance:</u> White T-shirt, Black shorts/Black Leggings (optional) <u>Court/Exercising Safely &amp; Effectively/Trampolining:</u> White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional)/ Black leggings (optional for trampolining) Purple Socks, Trainers	
Letters from Parents/Guardians are only accepted if you have a medical condition/injury – PE Kit must still be brought to the lesson to assist in another role ie coach, official, leader	OUTDOOR LESSONS <u>Field/Football/Rugby:</u> Rugby Shirt, Black Shorts/Black Tracksuit bottoms (optional), Purple Socks, Football Boots, Shin Pads, Mouth guard (rugby) <u>Exercising Safely &amp; Effectively/Netball/Hockey:</u> Rugby Shirt, Black Shorts/ Black Tracksuit bottoms (optional), Purple Socks, Trainers, Shin pads & Mouth guard (hockey) <u>Athletics,/Cricket/Rounders/Tennis:</u> White T-Shirt, Black Shorts/Black	
Always <b>try your best</b> no matter what the activity or your ability.	best no matter Tracksuit Bottoms (optional), Purple Socks, Trainers	
	SANCTIONS - PER HALF TERM3 PE Kit Marks = 15 min detention4 PE Kit Marks = 30 min detention5 PE Kit Marks = 1 hour afterschool detention	