

**YEAR 9y**  
**PE CURRICULUM 15/16**

| GROUP 1<br>Girls | GROUP 2<br>Girls | GROUP 3<br>Mixed |
|------------------|------------------|------------------|
|------------------|------------------|------------------|

|               |              |  |   |   |
|---------------|--------------|--|---|---|
| <b>Week 1</b> | <b>Mon 3</b> | Accurate replication<br>(Gymnastics)<br>(Ct) | Outwitting an opponent<br>(Astro)<br>(Su) | Accurate replication<br>(Trampolining)<br>(Bf)  |
|               | <b>Wed 3</b> | Outwitting an opponent<br>(Astro)<br>(Ct)    | Couch to 5km<br>(LHN)                     | Fitness Profiling<br>(Bf)                       |
| <b>Week 2</b> | <b>Mon 4</b> | Accurate replication<br>(Gymnastics)<br>(Ct) | Outwitting an opponent<br>(Astro)<br>(Bf) | Accurate replication<br>(Trampolining)<br>(PDN) |
|               | <b>Wed 5</b> | Outwitting an opponent<br>(Astro)<br>(Ct)    | Couch to 5km<br>(Su)                      | Fitness Profiling<br>(Bf)                       |

**OCTOBER ½ TERM HOLIDAY**

|               |              |   |  |                                   |
|---------------|--------------|---|--|-----------------------------------|
| <b>Week 1</b> | <b>Mon 3</b> | Healthy Active Lifestyle<br>(PE1)<br>(Ct) | Accurate replication<br>(Trampolining)<br>(Bf) | Fitness Programme (out)<br>(PDN)) |
|               | <b>Wed 3</b> | Healthy Active Lifestyle<br>(PE1)<br>(Ct) | Problem solving<br>(OAA)<br>(LHN)              | Fitness Programme (in)<br>(Bf)    |
| <b>Week 2</b> | <b>Mon 4</b> | Outwitting an opponent<br>(Field)<br>(Ct) | Accurate replication<br>(Trampolining)<br>(Bf) | Fitness Programme (out)<br>(PDN)  |
|               | <b>Wed 5</b> | Outwitting an opponent<br>(Field)<br>(Ct) | Problem solving<br>(OAA)<br>(Su)               | Fitness Programme (in)<br>(Bf)    |

**CHRISTMAS HOLIDAY**

|               |              |  |  |   |
|---------------|--------------|--|--|---|
| <b>Week 1</b> | <b>Mon 3</b> | Problem solving<br>(OAA)<br>(Ct)               | Accurate replication<br>(Gymnastics)<br>(Su) | Outwitting an opponent<br>(Basketball)<br>(PDN)   |
|               | <b>Wed 3</b> | Accurate replication<br>(Trampolining)<br>(Bf) | Outwitting an opponent<br>(Field)<br>(LHN)   | Outwitting an opponent<br>(Table tennis)<br>(PDN) |
| <b>Week 2</b> | <b>Mon 4</b> | Problem solving<br>(OAA)<br>(Ct)               | Accurate replication<br>(Gymnastics)<br>(Bf) | Outwitting an opponent<br>(Basketball)<br>(PDN)   |
|               | <b>Wed 5</b> | Accurate replication<br>(Trampolining)<br>(Bf) | Outwitting an opponent<br>(Field)<br>(Su)    | Outwitting an opponent<br>(Table tennis)<br>(PDN) |

**FEBRUARY ½ TERM HOLIDAY**

|               |              |  |  |   |
|---------------|--------------|--|--|---|
| <b>Week 1</b> | <b>Mon 3</b> | Exercising safely &<br>effectively (HRE)<br>(Ct) | Healthy Active Lifestyle<br>(PE1)<br>(Su)  | Outwitting an opponent<br>(Hockey)<br>(Bf)    |
|               | <b>Wed 3</b> | Couch to 5km<br>(Ct)                             | Healthy Active Lifestyle<br>(PE1)<br>(LHN) | Outwitting an opponent<br>(Badminton)<br>(Bf) |
| <b>Week 2</b> | <b>Mon 4</b> | Exercising safely &<br>effectively (HRE)<br>(Ct) | Outwitting an opponent<br>(Court)<br>(Bf)  | Outwitting an opponent<br>(Hockey)<br>(PDN)   |
|               | <b>Wed 5</b> | Couch to 5km<br>(Ct)                             | Outwitting an opponent<br>(Court)<br>(Su)  | Outwitting an opponent<br>(Badminton)<br>(Bf) |

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|                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|
| <b>GROUP 1</b><br><b>Girls</b> | <b>GROUP 2</b><br><b>Girls</b> | <b>GROUP 3</b><br><b>Mixed</b> |
|--------------------------------|--------------------------------|--------------------------------|

**EASTER HOLIDAY**

|               |              |   |   |  |
|---------------|--------------|---|---|--|
| <b>Week 1</b> | <b>Mon 3</b> | Outwitting an opponent<br>(Rounders)<br>(Ct)    | Performing at max levels<br>(Athletics)<br>(Su) | Leadership<br>(Bf)                                     |
|               | <b>Wed 3</b> | Performing at max levels<br>(Athletics)<br>(Ct) | Outwitting an opponent<br>(Rounders)<br>(LHN)   | Leadership<br>(Bf)                                     |
| <b>Week 2</b> | <b>Mon 4</b> | Outwitting an opponent<br>(Rounders)<br>(Ct)    | Performing at max levels<br>(Athletics)<br>(Bf) | Performing at max levels<br>(Field Athletics)<br>(PDN) |
|               | <b>Wed 5</b> | Performing at max levels<br>(Athletics)<br>(Ct) | Outwitting an opponent<br>(Rounders)<br>(Su)    | Performing at max levels<br>(Field Athletics)<br>(Bf)  |

**MAY ½ TERM HOLIDAY**

|               |              |  |  |  |
|---------------|--------------|--|--|--|
| <b>Week 1</b> | <b>Mon 3</b> | Outwitting an opponent<br>(Tennis)<br>(Ct) | Exercising safely &<br>effectively (HRE)<br>(Su) | Performing at max levels<br>(Track Athletics)<br>(Bf)  |
|               | <b>Wed 3</b> | Outwitting an opponent<br>(Court)<br>(Ct)  | Outwitting an opponent<br>(Tennis)<br>(LHN)      | Outwitting an opponent<br>(Tennis)<br>(Bf)             |
| <b>Week 2</b> | <b>Mon 4</b> | Outwitting an opponent<br>(Tennis)<br>(Ct) | Exercising safely &<br>effectively (HRE)<br>(Bf) | Performing at max levels<br>(Track Athletics)<br>(PDN) |
|               | <b>Wed 5</b> | Outwitting an opponent<br>(Court)<br>(Ct)  | Outwitting an opponent<br>(Tennis)<br>(Su)       | Outwitting an opponent<br>(Tennis)<br>(Bf)             |

**RULES**

**No jewellery** is to be worn during your PE lessons.

**Hair bands should be brought to tie back long hair** - an elastic band will be provided

**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**

Always **try your best** no matter what the activity or your ability.

**PE KIT**

The appropriate PE Kit should be brought to **every** lesson:

**INDOOR LESSONS**

Gym/Dance: White T-shirt, Black shorts/Black Leggings (optional)

Court/Exercising Safely & Effectively/Trampolining: White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional)/ Black leggings (optional for trampolining) Purple Socks, Trainers

**OUTDOOR LESSONS**

Field/Football/Rugby: Rugby Shirt, Black Shorts/Black Tracksuit bottoms (optional), Purple Socks, Football Boots, Shin Pads, Mouth guard (rugby)

Netball/Hockey: Rugby Shirt, Black Shorts/ Black Tracksuit bottoms (optional), Purple Socks, Trainers, Shin pads & Mouth guard (hockey)

Athletics./Cricket/Rounders/Tennis: White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional), Purple Socks, Trainers

(Up to Oct ½ term holiday & after Easter holiday: Rugby shirt optional)

**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 9Y**  
**PE CURRICULUM 15/16**

|                                |                               |                               |
|--------------------------------|-------------------------------|-------------------------------|
| <b>GROUP 3</b><br><b>Mixed</b> | <b>GROUP 4</b><br><b>Boys</b> | <b>GROUP 5</b><br><b>Boys</b> |
|--------------------------------|-------------------------------|-------------------------------|

|               |              |   |   |   |
|---------------|--------------|---|---|---|
| <b>Week 1</b> | <b>Mon 3</b> | Accurate replication<br>(Trampolining)<br>(Bf)  | Outwitting an opponent<br>(Rugby)<br>(PDN)      | Healthy Active Lifestyle<br>(PE1)<br>(DWD)    |
|               | <b>Wed 3</b> | Fitness Profiling<br>(Bf)                       | Outwitting an opponent<br>(Basketball)<br>(PDN) | Healthy Active Lifestyle<br>(PE1)<br>(DWD)    |
| <b>Week 2</b> | <b>Mon 4</b> | Accurate replication<br>(Trampolining)<br>(PDN) | Outwitting an opponent<br>(Rugby)<br>(Fr)       | Outwitting an opponent<br>(Football)<br>(DWD) |
|               | <b>Wed 5</b> | Fitness Profiling<br>(Bf)                       | Outwitting an opponent<br>(Basketball)<br>(PDN) | Outwitting an opponent<br>(Football)<br>(DWD) |

**OCTOBER  $\frac{1}{2}$  TERM HOLIDAY**

|               |              |                            |   |   |
|---------------|--------------|----------------------------|---|---|
| <b>Week 1</b> | <b>Mon 3</b> | Fitness Programme<br>(PDN) | Accurate replication<br>(Gymnastics)<br>(Su)  | Outwitting an opponent<br>(Rugby)<br>(DWD)      |
|               | <b>Wed 3</b> | Fitness Programme<br>(Bf)  | Outwitting an opponent<br>(Football)<br>(PDN) | Outwitting an opponent<br>(Basketball)<br>(DWD) |
| <b>Week 2</b> | <b>Mon 4</b> | Fitness Programme<br>(PDN) | Accurate replication<br>(Gymnastics)<br>(Fr)  | Outwitting an opponent<br>(Rugby)<br>(DWD)      |
|               | <b>Wed 5</b> | Fitness Programme<br>(Bf)  | Outwitting an opponent<br>(Football)<br>(PDN) | Outwitting an opponent<br>(Basketball)<br>(DWD) |

**CHRISTMAS HOLIDAY**

|               |              |   |   |  |
|---------------|--------------|---|---|--|
| <b>Week 1</b> | <b>Mon 3</b> | Outwitting an opponent<br>(Basketball)<br>(PDN)   | Healthy Active Lifestyle<br>(PE1)<br>(Bf)   | Problem solving<br>(OAA)<br>(DWD)            |
|               | <b>Wed 3</b> | Outwitting an opponent<br>(Table tennis)<br>(PDN) | Healthy Active Lifestyle<br>(PE1)<br>(DWD)  | Accurate replication<br>(Gymnastics)<br>(Ct) |
| <b>Week 2</b> | <b>Mon 4</b> | Outwitting an opponent<br>(Basketball)<br>(PDN)   | Outwitting an opponent<br>(Hockey)<br>(Fr)  | Problem solving<br>(OAA)<br>(DWD)            |
|               | <b>Wed 5</b> | Outwitting an opponent<br>(Table tennis)<br>(PDN) | Outwitting an opponent<br>(Hockey)<br>(DWD) | Accurate replication<br>(Gymnastics)<br>(Ct) |

**FEBRUARY  $\frac{1}{2}$  TERM HOLIDAY**

|               |              |   |                                   |   |
|---------------|--------------|---|-----------------------------------|---|
| <b>Week 1</b> | <b>Mon 3</b> | Outwitting an opponent<br>(Hockey)<br>(Bf)    | Problem solving<br>(OAA)<br>(PDN) | Leadership<br>(DWD)                         |
|               | <b>Wed 3</b> | Outwitting an opponent<br>(Badminton)<br>(Bf) | Leadership<br>(PDN)               | Outwitting an opponent<br>(Hockey)<br>(DWD) |
| <b>Week 2</b> | <b>Mon 4</b> | Outwitting an opponent<br>(Hockey)<br>(PDN)   | Problem solving<br>(OAA)<br>(Fr)  | Leadership<br>(DWD)                         |
|               | <b>Wed 5</b> | Outwitting an opponent<br>(Badminton)<br>(Bf) | Leadership<br>(PDN)               | Outwitting an opponent<br>(Hockey)<br>(DWD) |

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|                                |                               |                               |
|--------------------------------|-------------------------------|-------------------------------|
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|--------------------------------|-------------------------------|-------------------------------|

**EASTER HOLIDAY**

|               |              |  |   |  |
|---------------|--------------|--|---|--|
| <b>Week 1</b> | <b>Mon 3</b> | Leadership<br>(Bf)                                     | Outwitting an opponent<br>(Tennis)<br>(PDN)       | Outwitting an opponent<br>(Cricket)<br>(DWD) |
|               | <b>Wed 3</b> | Leadership<br>(Bf)                                     | Outwitting an opponent<br>(Tennis)<br>(PDN)       | Outwitting an opponent<br>(Cricket)<br>(DWD) |
| <b>Week 2</b> | <b>Mon 4</b> | Performing at max levels<br>(Field Athletics)<br>(PDN) | Exercising safely &<br>effectively (HRE)<br>(Fr)  | Outwitting an opponent<br>(Tennis)<br>(DWD)  |
|               | <b>Wed 5</b> | Performing at max levels<br>(Field Athletics)<br>(Bf)  | Exercising safely &<br>effectively (HRE)<br>(PDN) | Outwitting an opponent<br>(Tennis)<br>(DWD)  |

**MAY ½ TERM HOLIDAY**

|               |              |  |  |   |
|---------------|--------------|--|--|---|
| <b>Week 1</b> | <b>Mon 3</b> | Performing at max levels<br>(Track Athletics)<br>(Bf)  | Outwitting an opponent<br>(Cricket)<br>(PDN)     | Performing at max levels<br>(Athletics)<br>(DWD)  |
|               | <b>Wed 3</b> | Outwitting an opponent<br>(Tennis)<br>(Bf)             | Performing at max levels<br>(Athletics)<br>(PDN) | Exercising safely &<br>effectively (HRE)<br>(DWD) |
| <b>Week 2</b> | <b>Mon 4</b> | Performing at max levels<br>(Track Athletics)<br>(PDN) | Outwitting an opponent<br>(Cricket)<br>(Fr)      | Performing at max levels<br>(Athletics)<br>(DWD)  |
|               | <b>Wed 5</b> | Outwitting an opponent<br>(Tennis)<br>(Bf)             | Performing at max levels<br>(Athletics)<br>(PDN) | Exercising safely &<br>effectively (HRE)<br>(DWD) |

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