

YEAR 9ab PE CURRICULUM 2023-24

Week	Lesson	9ab/PE1	9ab/PE2	9ab/PE3	9ab/PE4	9ab/PE5	9ab/PE6
Knowledge Rich Curriculum: Principles of training							
1	Tues 2	Netball (Su)	Fitness (Bf)	Dance (DPo)	Football (JCa)	Rugby (JBX)	Basketball (PDn)
2	Tues 3	Netball (Su)	Fitness (Bf)	Dance (DPo)	Football (JCa)	Rugby (JBx)	Basketball (PDn)
	Wed 2	Football (Su)	Rugby (Bf)	Netball (JBI)	Gymnastics (JCa)	Basketball (JBx)	Football (PDn)

OCTOBER ½ TERM HOLIDAY

Knowledge Rich Curriculum: Thresholds of training							
1	Tues 2	Fitness (Su)	Netball (Bf)	Dance (DPo)	Basketball (JCa)	Football (JBx)	Gymnastics (PDn)
2	Tues 3	Fitness (Su)	Netball (Bf)	Dance (DPo)	Basketball (JCa)	Football (JBx)	Gymnastics (PDn)
	Wed 2	Football (Su)	Rugby (Bf)	Netball (JBI)	Gymnastics (JCa)	Basketball (JBx)	Football (PDn)

CHRISTMAS HOLIDAY

Knowledge Rich Curriculum: Long term effects of exercise on the musculo-skeletal system							
1	Tues 2	Gymnastics (Su)	Basketball (Bf)	Dance (DPo)	Rugby (JCa)	Handball (JBx)	Fitness (PDn)
2	Tues 3	Gymnastics (Su)	Basketball (Bf)	Dance (DPo)	Rugby (JCa)	Handball (JBx)	Fitness (PDn)
	Wed 2	Rugby (Su)	Football (Bf)	Fitness (JBI)	Fitness (JCa)	Gymnastics (JBx)	Handball (PDn)

FEBRUARY ½ TERM HOLIDAY

YEAR 9ab PE CURRICULUM 2023-24

Week	Lesson	9ab/PE1	9ab/PE2	9ab/PE3	9ab/PE4	9ab/PE5	9ab/PE6
Knowledge Rich Curriculum: Long term effects of exercise on the cardio-respiratory system							
1	Tues 2	Basketball (Su)	Gymnastics (Bf)	Dance (DPo)	Handball (JCa)	Fitness (JBx)	Rugby (PDn)
2	Tues 3	Basketball (Su)	Gymnastics (Bf)	Dance (DPo)	Handball (JCa)	Fitness (JBx)	Rugby (PDn)
	Wed 2	Rugby (Su)	Football (Bf)	Fitness (JBI)	Fitness (JCa)	Gymnastics (JBx)	Handball (PDn)

EASTER HOLIDAY

Knowledge Rich Curriculum: Energy use, diet, nutrition, and hydration							
1	Tues 2	Strike & Field (Su)	Strike & Field (Bf)	Dance (DPo)	Athletics (JCa)	Tennis (JBx)	Athletics (PDn)
2	Tues 3	Strike & Field (Su)	Strike & Field (Bf)	Dance (DPo)	Athletics (JCa)	Tennis (JBx)	Athletics (PDn)
	Wed 2	Tennis (Su)	Tennis (Bf)	Athletics (JBI)	Strike & Field (JCa)	Athletics (JBx)	Strike & Field (PDn)

MAY ½ TERM HOLIDAY

Knowledge Rich Curriculum: The consequences of a sedentary lifestyle							
1	Tues 2	Athletics (Su)	Athletics (Bf)	Dance (DPo)	Tennis (JCa)	Strike & Field (JBx)	Tennis (PDn)
2	Tues 3	Athletics (Su)	Athletics (Bf)	Dance (DPo)	Tennis (JCa)	Strike & Field (JBx)	Tennis (PDn)
	Wed 2	Tennis (Su)	Tennis (Bf)	Athletics (JBI)	Strike & Field (JCa)	Athletics (JBx)	Strike & Field (PDn)

SUMMER HOLIDAY