

## 1. Curriculum map by Year: Year 9 PE

			Lesson Focus	Homework	Assessment	Enrichment
Autumn 1	05.09.22	Week 1	Stages of a warm up	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/zchxnk/revision/1">https://www.bbc.co.uk/bitesize/guides/zchxnk/revision/1</a> <a href="https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1">https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Champs League Fixture  <b>Interhouse Competitions:</b> - Basketball - Netball
	12.09.22	Week 2	Benefits of a warm up	Watch the following video: <a href="https://www.youtube.com/watch?v=zMReVEkdEnI">https://www.youtube.com/watch?v=zMReVEkdEnI</a> <a href="https://www.youtube.com/watch?v=wWGulLa000&amp;t=15s">https://www.youtube.com/watch?v=wWGulLa000&amp;t=15s</a>		
	19.09.22	Week 3	Immediate effects of exercise	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/2">https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/2</a> <a href="https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/3">https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/3</a>		
	26.09.22	Week 4	Short term effects of exercise	Watch the following video: <a href="https://www.youtube.com/watch?v=N9_m9FJOEE0">https://www.youtube.com/watch?v=N9_m9FJOEE0</a> <a href="https://www.youtube.com/watch?v=U3U5-Bwdx0E">https://www.youtube.com/watch?v=U3U5-Bwdx0E</a>		
	03.10.22	Week 5	Long term effects of exercise	Spellings		
	10.10.22	Week 6	Stages of a cool down	Revision		
	17.10.22	Week 7	Benefits of a cool down	<b>Year 9 PE Quiz 1</b>	<b>Year 9 PE Quiz 1</b>	
Autumn 2	31.10.22	Week 8	Consolidation Week	Consolidation Week		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - International Football Fixture - Basketball Fixture  <b>Interhouse Competitions:</b> - Gymnastics
	07.11.22	Week 9	Trapezius / bicep / triceps / deltoid / pectorals	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1">https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1</a> <a href="https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/3">https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/3</a>		
	14.11.22	Week 10	Latissimus dorsi / Hip flexors / Gluteus maximus / abdominals	Watch the following video: <a href="https://www.youtube.com/watch?v=hY2fa6Q98-k">https://www.youtube.com/watch?v=hY2fa6Q98-k</a> <a href="https://www.youtube.com/watch?v=aLoY1wimVvg">https://www.youtube.com/watch?v=aLoY1wimVvg</a> <a href="https://www.youtube.com/watch?v=UYSOe06j4ps&amp;t=74s">https://www.youtube.com/watch?v=UYSOe06j4ps&amp;t=74s</a>		
	21.11.22	Week 11	Hamstrings / quadriceps / Tibialis anterior / gastrocnemius	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1">https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1</a>		
	28.11.22	Week 12	Cranium / clavicle / scapula / Humerus / radius / ulna	Spellings		
	05.12.22	Week 13	Ribs / vertebrae / pelvis / Femur / patella	Revision		
	12.12.22	Week 14	Tibia / fibula / talus	<b>Year 9 PE Quiz 2</b>	<b>Year 9 PE Quiz 2</b>	
Spring 1	02.01.23	Week 15	Consolidation Week	Consolidation Week		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - PGL Residential  <b>Interhouse Competitions:</b> - Dodgeball
	09.01.23	Week 16	Types of joint – hinge / ball and socket	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/3">https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/3</a>		
	16.01.23	Week 17	Flexion / extension	Watch the following videos: <a href="https://www.youtube.com/watch?v=rl3a3JoOW70">https://www.youtube.com/watch?v=rl3a3JoOW70</a> <a href="https://www.youtube.com/watch?v=oA6HiaV1RIU">https://www.youtube.com/watch?v=oA6HiaV1RIU</a>		
	23.01.23	Week 18	Adduction / abduction / rotation	Spellings		

	30.01.23	Week 19	Plantar / dorsi-flexion	Revision		- Badminton
	06.02.23	Week 20	<b>Knowledge Test 1</b>	<b>Knowledge Test 1</b>	<b>Knowledge Test 1</b>	
	13.02.23	Week 21	Consolidation Week	Consolidation Week		
Spring 2	27.02.23	Week 22	Agility / balance	Read into this in more details: <a href="https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2">https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2</a> <a href="https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2">https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2</a> <a href="https://filestore.aqa.org.uk/textbooks/sample/gcse-pe/AQA-8582-HODDER-SAMPLE.PDF">https://filestore.aqa.org.uk/textbooks/sample/gcse-pe/AQA-8582-HODDER-SAMPLE.PDF</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Netball Super League
	06.03.23	Week 23	Coordination / cardio-vascular endurance	Watch the following video: <a href="https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2">https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2</a> <a href="https://www.youtube.com/watch?v=pvvQnib23Xc">https://www.youtube.com/watch?v=pvvQnib23Xc</a>		<b>Interhouse Competitions:</b> - Football - Handball
	13.03.23	Week 24	Flexibility / muscular endurance	Spellings		
	20.03.23	Week 24	Power / reaction time	Revision		
	27.03.23	Week 26	Speed / strength	<b>Year 9 PE Quiz 3</b>	<b>Year 9 PE Quiz 3</b>	
Summer 1	17.04.23	Week 27	Consolidation week	Consolidation Week		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.
	24.04.23	Week 28	Interval training	Read into this in more details: <a href="https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/2">https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/2</a>		<b>Trips:</b> - Woman's FA Cup Final
	01.05.23	Week 29	Continuous training	Watch the following videos: <a href="https://www.youtube.com/watch?v=kNpmxCUL1E8">https://www.youtube.com/watch?v=kNpmxCUL1E8</a> <a href="https://www.youtube.com/watch?v=JeUBWyDzVhY">https://www.youtube.com/watch?v=JeUBWyDzVhY</a>		<b>Interhouse Competitions:</b> - Hockey - Cross Country
	08.05.23	Week 30	Circuit training	Spellings		
	15.05.23	Week 31	Plyometric training	Revision		
	22.05.23	Week 32	Fartlek training	<b>Year 9 PE Quiz 4</b>	<b>Year 9 PE Quiz 4</b>	
Summer 2	05.06.23	Week 33	Static stretching	Consolidation Week		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.
	12.06.23	Week 34	Weight training	Read into this in more details: <a href="https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/1">https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/1</a>		<b>Trips:</b> - Cricket T20 - Indoor Athletics
	19.06.23	Week 35	Altitude training	Watch the following video: <a href="https://www.youtube.com/watch?v=eNcxtSF2-Ac">https://www.youtube.com/watch?v=eNcxtSF2-Ac</a>		<b>Interhouse Competitions:</b> - Cricket - Rounders - Sports Day
	26.06.23	Week 36	SPORT	Spellings		
	03.07.23	Week 37	FITT	Revision		
	10.07.23	Week 38	<b>Knowledge Test 2</b>	<b>Knowledge Test 2</b>	<b>Knowledge Test 2</b>	
	17.07.23	Week 39	Consolidation Week	Consolidation Week		

