



**Rainford High School – Department: Physical Education**

	<b>Year 9 Curriculum</b>					
	<b>Half-Term 1</b>	<b>Half-Term 2</b>	<b>Half-Term 3</b>	<b>Half-Term 4</b>	<b>Half-Term 5</b>	<b>Half-Term 6</b>
<b>Topic</b>	Carousel of Winter activities	Carousel of Winter activities	Carousel of Winter activities	Carousel of Winter activities	Carousel of Summer activities	Carousel of Summer activities
<b>Essential knowledge, skills and understanding</b>	<p>Each pupil will follow a carousel of indoor and outdoor activities which will change every 4 weeks.</p> <p><b>Leadership - Indoor Games – Sports analysis – Aesthetics (dance / gym) – Outdoor games – Sports Science</b></p> <p>Pupils will also take part in an outdoor education / problem solving block in the month of December.</p> <p>In Y9, pupils will take more responsibility in their lessons and further develop important life skills like leadership, teamwork and organisation. They will also complete a sports science and a sports analysis unit which will give them an insight of the potential career pathways that sport and exercise can offer, in order to help and support them in the next phase of their education.</p>				<p>Pupils will follow a carousel of athletic and summer games activities which will change every 2 weeks.</p> <p><b>Athletics – Run – Throw - Jump</b></p> <p><b>Summer games – Rounders – Cricket – Tennis</b></p>	
<b>Assessments and assessment focus</b>	<p>Pupils will be assessed against the Physical Education progress ladders. Pupils will be assessed formally within our whole-school assessment windows. In addition, formative assessments will be on going throughout the year based on four key areas of assessment. Performance, Health and fitness, coaching, Character in Competition.</p>					