



Year 9 Physical Education Journey



Term Focus

HT1 Basketball / Badminton (G)
Table tennis / Fitness (B & G)
Rugby (B)

HT2 Basketball / Badminton (G)
Table tennis / Fitness (B & G)
Rugby (B)

HT3 Health related exercise (All) including;
Conditioning and cardio work in the fitness suite, circuit
training, continuous training, skills based fitness and a variety
of fitness tests and challenges.

HT4 Tag rugby / Football (G)
Dance / Gym (G)
Basketball (B)
Football (B)

HT5 Tag rugby / Football (G)
Dance / Gym (G)
Basketball (B)
Football (B)

HT6 Striking and fielding (Bowling, catching and fielding taught
through Cricket, Rounders, and Long ball activities., Athletics
- including running, jumping and throwing Striking and fielding,
Athletics