

## Year 9 PE Curriculum Outline

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Year 9 PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Theory - Effects of Exercise/Components of fitness/Fitness testing</p> <p>Practical – Understand basic criteria for practical assessment in team and individual activities</p>	<p>Theory - Analysing fitness test results, evaluative fitness test methods and types of data</p> <p>Practical – Team/individual activity (from football, handball, basketball badminton or trampolining)</p>	<p>Theory - The skeletal system</p> <p>Practical – Team or individual activity (from football, handball, basketball badminton or trampolining)</p>	<p>Theory - The muscular system</p> <p>Practical – Team or individual activity (from football, handball, basketball badminton or trampolining)</p>	<p>Theory – The cardiovascular system</p> <p>Practical – Individual (athletics)</p>	<p>Theory – The respiratory system</p> <p>Practical – Individual (athletics)</p>