

Year 9 PE Overview

Autumn term 1

Body Control and Spatial Awareness

- Travel
- Manipulative skills
- Balance and stability

Autumn Term 2

Health Related Activities

- Safety When exercising
- Changes in body through exercise
- Nutrition

Spring Term 1

Gymnastics

- Balance
- Sequence of movements
- Core and Body Strength

Spring Term 2

Games

- Invasion
- Net/wall

Summer Term 1

Athletics

- Running
- Jumping
- Throwing

Summer Term 2

Adventure Challenge

- Working Together
- Problem Solving
- Command Tasks