

YEAR 9cd PE CURRICULUM 2024-25

| Week | Lesson | 9cd/PE1 | 9cd/PE2 | 9cd/PE3 | 9cd/PE4 | 9cd/PE5 | 9cd/PE6 |
|--|----------------|----------------|---------------|--------------|------------------|------------------|------------------|
| Knowledge Rich Curriculum: Principles of training | | | | | | | |
| 1 | Mon 4 | Netball (Bf) | Fitness (LEv) | Dance (DPo) | Football (JBx) | Rugby (PDn) | Basketball (ODn) |
| | Thurs 2 | Football (LEv) | Rugby (Bf) | Netball (Su) | Gymnastics (JBx) | Basketball (PDn) | Football (JCa) |
| 2 | Fri 3 | Netball (Bf) | Fitness (LEv) | Dance (DPo) | Football (JBx) | Rugby (PDn) | Basketball (ODn) |

OCTOBER ½ TERM HOLIDAY

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|--|----------------|----------------|---------------|--------------|------------------|------------------|------------------|
| Knowledge Rich Curriculum: Thresholds of training | | | | | | | |
| 1 | Mon 4 | Fitness (Bf) | Netball (LEv) | Dance (DPo) | Basketball (JBx) | Football (PDn) | Gymnastics (ODn) |
| | Thurs 2 | Football (LEv) | Rugby (Bf) | Netball (Su) | Gymnastics (JBx) | Basketball (PDn) | Football (JCa) |
| 2 | Fri 3 | Fitness (Bf) | Netball (LEv) | Dance (DPo) | Basketball (JBx) | Football (PDn) | Gymnastics (ODn) |

CHRISTMAS HOLIDAY

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|--|----------------|-----------------|------------------|--------------|---------------|------------------|----------------|
| Knowledge Rich Curriculum: Long term effects of exercise on the musculo-skeletal system | | | | | | | |
| 1 | Mon 4 | Gymnastics (Bf) | Basketball (LEv) | Dance (DPo) | Rugby (JBx) | Handball (PDn) | Fitness (ODn) |
| | Thurs 2 | Rugby (Bf) | Football (LEv) | Fitness (Su) | Fitness (JBx) | Gymnastics (PDn) | Handball (JCa) |
| 2 | Fri 3 | Gymnastics (Bf) | Basketball (LEv) | Dance (DPo) | Rugby (JBx) | Handball (PDn) | Fitness (ODn) |

FEBRUARY ½ TERM HOLIDAY

YEAR 9cd PE CURRICULUM 2024-25

| Week | Lesson | 9cd/PE1 | 9cd/PE2 | 9cd/PE3 | 9cd/PE4 | 9cd/PE5 | 9cd/PE6 |
|--|----------------|-----------------|------------------|--------------|----------------|------------------|----------------|
| Knowledge Rich Curriculum: Long term effects of exercise on the cardio-respiratory system | | | | | | | |
| 1 | Mon 4 | Basketball (Bf) | Gymnastics (LEv) | Dance (DPo) | Handball (JBx) | Fitness (PDn) | Rugby (ODn) |
| | Thurs 2 | Rugby (Bf) | Football (LEv) | Fitness (Su) | Fitness (JBx) | Gymnastics (PDn) | Handball (JCa) |
| 2 | Fri 3 | Basketball (Bf) | Gymnastics (LEv) | Dance (DPo) | Handball (JBx) | Fitness (PDn) | Rugby (ODn) |

EASTER HOLIDAY

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|--|----------------|---------------------|----------------------|----------------|----------------------|-----------------|----------------------|
| Knowledge Rich Curriculum: Energy use, diet, nutrition, and hydration | | | | | | | |
| 1 | Mon 4 | Strike & Field (Bf) | Strike & Field (LEv) | Dance (DPo) | Athletics (JBx) | Tennis (PDn) | Athletics (ODn) |
| | Thurs 2 | Tennis (Bf) | Tennis (LEv) | Athletics (Su) | Strike & Field (JBx) | Athletics (PDn) | Strike & Field (JCa) |
| 2 | Fri 3 | Strike & Field (Bf) | Strike & Field (LEv) | Dance (DPo) | Athletics (JBx) | Tennis (PDn) | Athletics (ODn) |

MAY ½ TERM HOLIDAY

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| Knowledge Rich Curriculum: The consequences of a sedentary lifestyle | | | | | | | |
| 1 | Mon 4 | Athletics (Bf) | Athletics (LEv) | Dance (DPo) | Tennis (JBx) | Strike & Field (PDn) | Tennis (ODn) |
| | Thurs 2 | Tennis (Bf) | Tennis (LEv) | Athletics (Su) | Strike & Field (JBx) | Athletics (PDn) | Strike & Field (JCa) |
| 2 | Fri 3 | Athletics (Bf) | Athletics (LEv) | Dance (DPo) | Tennis (JBx) | Strike & Field (PDn) | Tennis (ODn) |

SUMMER HOLIDAY