

## YEAR 9ab PE CURRICULUM 2024-25

Week	Lesson	9ab/PE1	9ab/PE2	9ab/PE3	9ab/PE4	9ab/PE5	9ab/PE6
<b>Knowledge Rich Curriculum: Principles of training</b>							
1	<b>Tues 2</b>	Netball (Bf)	Fitness (LEv)	Dance (DPo)	Football (JBx)	Rugby (PDn)	Basketball (JCa)
2	<b>Mon 2</b>	Netball (Bf)	Fitness (LEv)	Dance (DPo)	Football (JBx)	Rugby (PDn)	Basketball (JCa)
	<b>Thurs 3</b>	Football (LEv)	Rugby (Bf)	Netball (Su)	Gymnastics (JBx)	Basketball (PDn)	Football (JCa)

### OCTOBER ½ TERM HOLIDAY

<b>Knowledge Rich Curriculum: Thresholds of training</b>							
1	<b>Tues 2</b>	Fitness (Bf)	Netball (LEv)	Dance (DPo)	Basketball (JBx)	Football (PDn)	Gymnastics (JCa)
2	<b>Mon 2</b>	Fitness (Bf)	Netball (LEv)	Dance (DPo)	Basketball (JBx)	Football (PDn)	Gymnastics (JCa)
	<b>Thurs 3</b>	Football (LEv)	Rugby (Bf)	Netball (Su)	Gymnastics (JBx)	Basketball (PDn)	Football (JCa)

### CHRISTMAS HOLIDAY

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

### FEBRUARY ½ TERM HOLIDAY

## YEAR 9ab PE CURRICULUM 2024-25

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

### EASTER HOLIDAY

<b>Knowledge Rich Curriculum: Energy use, diet, nutrition, and hydration</b>							
1	<b>Tues 2</b>	Strike & Field (Bf)	Strike & Field (LEv)	Dance (DPo)	Athletics (JBx)	Tennis (PDn)	Athletics (JCa)
2	<b>Mon 2</b>	Strike & Field (Bf)	Strike & Field (LEv)	Dance (DPo)	Athletics (JBx)	Tennis (PDn)	Athletics (JCa)
	<b>Thurs 3</b>	Tennis (Bf)	Tennis (LEv)	Athletics (Su)	Strike & Field (JBx)	Athletics (PDn)	Strike & Field (JCa)

### MAY ½ TERM HOLIDAY

<b>Knowledge Rich Curriculum: The consequences of a sedentary lifestyle</b>							
1	<b>Tues 2</b>	Athletics (Bf)	Athletics (LEv)	Dance (DPo)	Tennis (JBx)	Strike & Field (PDn)	Tennis (JCa)
2	<b>Mon 2</b>	Athletics (Bf)	Athletics (LEv)	Dance (DPo)	Tennis (JBx)	Strike & Field (PDn)	Tennis (JCa)
	<b>Thurs 3</b>	Tennis (Bf)	Tennis (LEv)	Athletics (Su)	Strike & Field (JBx)	Athletics (PDn)	Strike & Field (JCa)

### SUMMER HOLIDAY