Core PE: Year 9 Curriculum Map 2026/27

Week Commencing	Lesson topic	HAIL	Assessment
Staff INSET 01/09 Students Return 02/09	**Physical Educations Standards, Expectations & Curriculum Overviews.**		
07/09/2026	**Activity 1** **Boys: Basketball** – Passing and possession (passing and receiving on the move) / **Rugby** – Recap the key teaching points of passing, possession & movement. **Girls: Netball** – Catching at full stretch & high feeds / **Football** – Key teaching points of passing in football and how to keep possession.	**Warm-Up & Injury Prevention:** Research how an effective warm-up can prepare the body for physical activity and reduce the risk of injury.	
14/09/2026	**Boys: Basketball** – Recap the fundamental basketball skill of ball handling - dribbling / **Rugby** – Understanding the correct technique of safe tackling and the associated rules. **Girls: Netball** – Drive towards the ball / **Football** – understand how to create a volley pass.		
21/09/2026	**Boys: Basketball** – Lay-up progressions and associated rules / **Rugby** – The importance of support in the game of rugby. **Girls: Netball** – Defence – phase one (defending the person) & phase two (marking the pass), plus all associated rules / **Football** – **Understand** how to perform the jockeying technique.		
28/09/2026	**Boys: Basketball** - Set shot/boxing out - recap the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-elbow, F-follow through / **Rugby** – How to apply rucking to the game. **Girls: Netball** – Set play – attacking play from a sideline position 'Down Court pass' / **Football** – **Understand** how shield the ball and keep possession.	**Analyse a Sporting Performance** Watch a live or recorded sporting performance. Identify 2 examples of effective **tactics**.	
05/10/2026	**Boys: Basketball** – Setting screens during attacking play / **Rugby** – Recap how to apply the maul to the game. **Girls: Netball** – Shooting Skills (techniques and associated rules) / **Football** – Key teaching points of width and depth in attack.		
12/10/2026	**Boys: Basketball** - Player positions and responsibilities / **Rugby** – Identify the player positions in the game. **Girls: Netball** – Positional responsibility / **Football** – students are to take the skills learned in this unit of work and apply them into a game situation.		
19/10/2026	**Assessment** – DDI Wave 1&2	**Fitness Components in Sport** Choose a sport and investigate the fitness components required.	**Activity 1 Assessment** – DDI Wave 1&2
October Half Term			

02/11/2026	**Activity 2 (N.B. All Groups Rotate)** **Boys: Basketball** – Passing and possession (passing and receiving on the move) / **Rugby** – Recap the key teaching points of passing, possession & movement. **Girls: Netball** – Catching at full stretch & high feeds / **Football** – Key teaching points of passing in football and how to keep possession.		
09/11/2026	**Boys: Basketball** – Recap the fundamental basketball skill of ball handling - dribbling / **Rugby** – Understanding the correct technique of safe tackling and the associated rules. **Girls: Netball** – Drive towards the ball / **Football** – understand how to create a volley pass.	**Research a Sport – Rules:** Research your current sport. **Find out:** 5 important rules Why each rule is needed What happens if a player breaks each rule?	
16/11/2026	**Boys**: **Basketball** – Lay-up progressions and associated rules / **Rugby** – The importance of support in the game of rugby. **Girls: Netball** – Defence – phase one (defending the person) & phase two (marking the pass), plus all associated rules / **Football** – **Understand** how to perform the jockeying technique.		
23/11/2026	**Boys**: **Basketball** – Lay-up progressions and associated rules / **Rugby** – The importance of support in the game of rugby. **Girls: Netball** – Set play – attacking play from a sideline position 'Down Court pass' / **Football** – **Understand** how shield the ball and keep possession.		
30/11/2026	**Boys: Basketball** – Setting screens during attacking play / **Rugby** – Recap how to apply the maul to the game. **Girls: Netball** – Shooting Skills (techniques and associated rules) / **Football** – Key teaching points of width and depth in attack.	**Technical Skill Analysis** Choose a skill from your current sport. What are the technical points to remember?	
07/12/2026	**Boys: Basketball** - Player positions and responsibilities / **Rugby** – Identify the player positions in the game. **Girls: Netball** – Positional responsibility / **Football** – students are to take the skills learned in this unit of work and apply them into a game situation.		
14/12/2026	**Assessment** – DDI Wave 1&2		**Activity 2 Assessment** – DDI Wave 1&2
Christmas Break			
04/01/2027	**Activity 3** **Boys: Football/ Problem Solving -** The key teaching points of passing in football and how to keep possession /Team Building Exercises **Girls: Trampolining/Problem Solving** - Safety Procedure-Bouncing Safely/ Minefield		
11/01/2027	**Boys: Football/ Problem Solving -** How to create a volley pass/ Minefield **Girls: Trampolining/ Problem Solving** - Swivel Hips / Team Building Exercises	**Decision-Making Under Pressure** Research decision-making in sport.	**AR1**

		Give 3 examples of decisions made during your current sport.	
18/01/2027	**Boys: Football/ Problem Solving -** How to perform the jockeying technique/ Playing Card Mix-up **Girls: Trampolining/ Problem Solving** - Front Drop (Include Half Twisting Moves)/ Move it!		**AR1**
25/01/2027	**Boys: Football/ Problem Solving -** How shield the ball and keep possession/ Move it! **Girls: Trampolining/ Problem Solving** - Back Drop (Include Half Twisting Moves)/ Playing Card Mix-up		
01/02/2027	**Boys: Football/ Problem Solving -** The key points of width/depth in attack/ Walking the Plank **Girls: Trampolining/ Problem Solving** - 8-10 Bounce Routines/ A four-team Capture the Flag type game		
08/02/2027	**Boys: Football/ Problem Solving -** Tournament/Competitive Game Play/ A four-team Capture the Flag type game **Girls: Trampolining/ Problem Solving** - 8-10 Bounce Routines/ Walking the Plank **Assessment** – DDI Wave 1&2		**Activity 3 Assessment –** DDI Wave 1&2
February Half Term			
22/02/2027	**<u>Activity 4 (N.B. All Groups Rotate)</u>** **Boys: Football/ Problem Solving -** The key teaching points of passing in football and how to keep possession /Team Building Exercises **Girls: Trampolining/Problem Solving** - Safety Procedure-Bouncing Safely/ Minefield	**Tactics & Strategy** Research the difference between **tactics and strategy**. **Challenge:** Describe how you would change your tactics if your team was losing.	
01/03/2027	**Boys: Football/ Problem Solving -** How to create a volley pass/ Minefield **Girls: Trampolining/ Problem Solving** - Swivel Hips / Team Building Exercises		
08/03/2027	**Boys: Football/ Problem Solving -** How to perform the jockeying technique/ Playing Card Mix-up **Girls: Trampolining/ Problem Solving** - Front Drop (Include Half Twisting Moves)/ Move it!		
15/03/2027	**Boys: Football/ Problem Solving -** How shield the ball and keep possession/ Move it! **Girls: Trampolining/ Problem Solving** - Back Drop (Include Half Twisting Moves)/ Playing Card Mix-up	**Sports Nutrition & Hydration** Research how nutrition and hydration can affect sporting performance. **Find out:**	

		Why are carbohydrates important for exercise? Why does the body need protein? Why is hydration important?	
22/03/2027	**Boys: Football/ Problem Solving -** The key points of width/depth in attack/ Walking the Plank **Girls: Trampolining/ Problem Solving** - 8-10 Bounce Routines/ A four-team Capture the Flag type game		
Easter Break			
12/04/2027	**Boys: Football/ Problem Solving -** Tournament/Competitive Game Play/ A four-team Capture the Flag type game **Girls: Trampolining/ Problem Solving** - 8-10 Bounce Routines/ Walking the Plank **Assessment** – DDI Wave 1&2		**Activity 4 Assessment –** DDI Wave 1&2
19/04/2027	**Activity 5** **Boys & Girls: Athletics -** How to work safely, whilst performing at maximum levels in Athletics EA Athletics – https://www.englandathletics.org/ Health and Safety, Athletics Specific – Warm-ups – https://digitaltrackandfield.com/warm-up-exercises-and-progression/	**Elite Athlete Investigation** Choose an elite athlete from any sport. **Challenge:** Identify one aspect of their training that could be useful to a Year 9 student.	
26/04/2027	**Boys: Athletics** - Track Events & Sprints/High Jump How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints EA Athletics – Dick Fosbury (The history of the high jump event) – https://www.youtube.com/watch?v=Id4W6VA0uLc **Girls: Athletics** – Shot Putt/ Middle Distance Events Model technique – **shot putt** http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking **HAIL:** Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=elJdLIQ31YY		
03/05/2027	**Boys: Athletics** – Shot Putt/ Middle Distance Events Model technique – **shot putt** http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking **HAIL:** Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=elJdLIQ31YY **Girls: Athletics** - Track Events & Sprints/High Jump		

	How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints EA Athletics – Dick Fosbury (The history of the high jump event) – https://www.youtube.com/watch?v=Id4W6VA0uLc		
10/05/2027	**Boys: Athletics** – Sprinting & Sprint Starts/ Discus Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA Model technique – YouTube How to Discus Power throw (standing technique) - https://www.youtube.com/watch?v=5atxdHaE-T8 **Girls: Athletics** – Relay/Long Jump Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj	**Technology in Sport** Investigate how technology is used to improve sporting performance. How can technology help an athlete or coach?	
17/05/2027	**Boys: Athletics** – Relay/Long Jump Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj **Girls: Athletics** - Sprinting & Sprint Starts/ Discus Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA Model technique – YouTube How to Discus Power throw (standing technique) - https://www.youtube.com/watch?v=5atxdHaE-T8		
24/05/2027	**Boys: Athletics** – Middle Distance/Triple Jump Triple Jump Progressions https://www.youtube.com/watch?v=mqKCdyRNDQY **Girls: Athletics** - Hurdles/Javelin https://www.teachpe.com/sports-coaching/athletics/hurdles **Model technique** – Javelin (Throw): How to Coach / Teach for Physical Educators (PE) - Track & Field (Athletics) - https://www.youtube.com/watch?v=54iXDipusEQ **Assessment** – DDI Wave 1&2	**Personal Reflection** – Write about your own strengths in PE and set **three SMART goal** for improving your performance.	**EKS3 ROA**
May Half Term			
07/06/2027	**Activity 6** **Boys: Cricket -** Bowling Nets – Line & Length https://www.youtube.com/watch?v=pbUCIMDRBto **Girls: Rounders/Cricket -** Directional Batting & Timing/ Batting - Correct grip & stance https://www.youtube.com/watch?v=smTBrE52Fag https://www.youtube.com/watch?v=gusv3BsHd3g		**EKS3 ROA** **Activity 5 Assessment –** DDI Wave 1&2
14/06/2027	**Boys: Cricket -** Bowling - Line & Length (Leg spin & Off Spin) **Girls: Rounders/Cricket -** Fielding Off the Post/catching and throwing at different heights and distances Rounders - https://www.youtube.com/watch?v=YWJtgl-Jq0A Cricket - https://www.youtube.com/watch?v=NShiz8XbJhM		**EKS3 ROA**
21/06/2027	**Boys: Cricket -** Batting - Directional batting using the straight drive. https://www.youtube.com/watch?v=pbUCIMDRBto		**EKS3 ROA**

	Girls – Rounders/Cricket - Advanced Play/ Fielding - Long Barrier & 'Pick up and throw' **https://www.youtube.com/watch?v=4DjueKrm3KU**		
28/06/2027	**Boys: Cricket -** Batting - Defensive Shots **Front foot** - **https://www.youtube.com/watch?v=LKNVPtlwkBk** **Back foot** - **https://www.youtube.com/watch?v=g37lMGT8Dsl** **Girls – Rounders/Cricket -** Strategic & Tactical Play/ Batting - Straight Drive **https://www.youtube.com/watch?v=dljrYzV9a0s&t=8s**		
05/07/2027	**Boys: Cricket -** Batting - Pull shot **https://www.youtube.com/watch?v=lxV8G8EJt7M** **Girls: Rounders/Cricket -** Rules, Regulations & Scoring Systems – Competitive Game Play/ Bowling - Line & Length	**Research a Sport** – Find out about **5** important rules, the equipment, basic skills and how you score or win in your chosen sport.	
12/07/2027	**Boys: Cricket -** Rules, Regulations & Scoring Systems – Competitive Game Play **https://www.youtube.com/watch?v=wHEIT32ZEVs** **Girls: Rounders/Cricket –** Tournament/Competitive Game Play Rounders **-** **https://www.youtube.com/watch?v=6GkIXr0hKaY**		