How does PE help me develop as a whole person?	Year 9 PE					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 2	Summer Term 2
	Thinking Me – How does PE improve my decision-making, concentration, and problem-solving? **Physical Me** – How does PE improve my fitness, skills, and health? **Social Me** – How does PE help me work with and relate to others? **Personal Me** – How does PE build my confidence, resilience, and self-awareness?				THINKING ME Evaluates and compares performances. Confidently lead small group activities and evaluate your own performance as a leader. Make informed choices about engaging in activities. PHYSICAL ME Demonstrating skills in competitive situations showing control and accuracy. Combine skills and tactics with control and accuracy. Applies fundamental movement skills and tactics with consistent control and accuracy. SOCIAL ME Communicating well with others and working collaboratively. Give and receive feedback, which is then used to improve performance. Acts on feedback to better performances. Joins in with all activities even when the activities are challenging. PERSONAL ME Demonstrate fair play, respect and support for all. Willing to ask and answer questions in front of peers. Demonstrates self-control and responsibility. Controls emotions when winning or losing.	
BIG Q Content *(max 5)* Please refer to PE knowledge organiser assessment booklet	THINKING ME Comparing performances identifying strengths and areas for improvement. PHYSICAL ME Demonstrating skills in competitive situations showing control and accuracy. SOCIAL ME Communicating well with others and working collaboratively. PERSONAL ME Demonstrate fair play, respect and support for all members of the group.	THINKING ME Confidently lead small group activities and evaluate your own performance as a leader. PHYSICAL ME Combine skills and tactics with control and accuracy in different activities. SOCIAL ME Give and receive feedback, which is then used to improve performance. PERSONAL ME Willing to ask and answer questions in front of peers.	THINKING ME Make informed choices about engaging in activity. PHYSICAL ME Applies fundamental movement skills and tactics with consistent control and accuracy. General fitness improves. SOCIAL ME Uses peer feedback and self-assessment to improve performance and measure the progress being made. PERSONAL ME Demonstrates self-control and responsibility.	THINKING ME Comparing performances to coaching points. Leading small groups. PHYSICAL ME General fitness is improving and minimal fatigue. Being able to describe / demonstrate effective warmups. SOCIAL ME Acts on feedback to better performances. Joins in with all activities. PERSONAL ME Demonstrates self-control and responsibility. Controls emotions.		
Vocabulary *(max 10)*	Competitive Passing Fair play Accuracy Control Collaboration Grip Attacking Defending Performance	Creativity Fluency Timing Coordination Checkpoints Warm up Cool down Lactic Acid Footwork Interception	Agility Stamina Service Umpire/Referee Pass Possession Opposition Suppleness Recovery Flexibility	Forehand Backhand Spin Points Heart Rate Pace Navigate Penalty Balance Ready position	Muscular strength Speed Cardiovascular fitness Track Field Measure Reaction time Power Take off Record	Fielding Batting Rally Innings Singles Doubles Agility Batting Bowling Over
Catholic Link	'**Human Dignity**'	'**The common good**'	'**Solidarity**'	**'Option for vulnerable'**	'**Participation**'	'**Dignity of work**'
Careers Link	PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Sports media, Outdoor pursuit leader, sports development officer, Physio					

Ways to enrich the year 9 curriculum at home…*(max 3)*

- Could you watch a clip of a sports match from your PE curriculum on YouTube?
- Go to a local park and play sports together, from your PE curriculum.
- Could you measure your resting Heart Rate, take part in an at homework out (videos on YouTube) then measure your Heart Rate again.