

OVERVIEW

Our PE and Health Curriculum has been designed to develop and enrich our students by teaching essential life skills through the exciting and challenging world of PE and sport. The PE Curriculum at ICA is underpinned by the following principles; Entitlement, Coherence, Mastery, Adaptability, Representation and Education with character.

The students will be assessed using Key Performance Indicators that have been mapped across three strands; Fit to Perform, Fit to Lead and Fit for life. The ICA PE progression model ensures that all students can make excellent progress over time.

Throughout Year 9, the students will build on the knowledge, skills and understanding, gained in Year 7 and 8.

Autumn

The students will learn and be able to replicate the more advanced skills applied into game contexts. They will learn to perform skills and techniques in competitive, game-like situations alongside developing their advanced decision-making skills. The students will learn trampoline safety, basic jumps/ aerial shapes and turns. The students will learn more advanced problem-solving skills and start to develop spatial awareness and orienteer a full course against time. They will consistently demonstrate the appropriate components of fitness and start to develop an understanding of topics such as methods of training.

Spring

Football	Handball
Rugby	Fitness
Basketball	Badminton
Orienteering	Dance
Netball	Leadership
Gymnastics	Striking and fielding (Rounders / Cricket / Softball)
Inter-form competitions	Athletics

Summer

The students will learn about pair and group sequence and more complex skills such as lifts. The students will start to develop their leadership skills through the gold level, fit to lead award.

The students will learn about character development, transitions and musicality. The students will explore further specific event and multi-event skill development, potentially including comparative data to gauge performance against national norms/local age specific records.

**Assessment:**

Key Performance Indicators

Fit to Perform

Fit to Lead

Fit for Life

**Personal development:**

concepts explored:

- Skills
- Techniques
- Communication
- Tactics
- Formations
- Lifelong participation
- Enthusiasm
- Determination
- Healthy Lifestyle
- Athletics disciplines
- Leadership skills

**Useful resources for supporting your child at home:**

**Access to a full ICA PE kit, suitable for both warm and cold weather.**