

Year 9 Programme of Study 2022-23

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|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| FT | Unit 1 | Unit 2 | Unit 3 | IA | Unit 4 | Unit 5 | Unit 6 | Unit 7 | Unit 8 | Unit 9 |
| Wb: 05/08/22 | Wb: 12/08/22 | Wb: 10/10/22 | Wb: 14/11/22 | Wb: 05/01/23 | Wb: 09/01/23 | Wb: 06/02/23 | Wb: 13/03/23 | Wb: 24/04/23 | Wb: 22/05/23 | Wb: 26/06/23 |

9X

| | LESSONS | ASPIRE HL/EW | ACHIEVE LO | ACTIVE JF | ASSESSMENT | |
|-----------|----------|-------------------------|------------------------------|---------------------------------|------------|-------|
| FT | 2 | Fitness Testing | Fitness Testing | Fitness Testing | | |
| 1 | 8 | Netball | Football (AGP) | Basketball | HANDS | HEAD |
| 2 | 8 | Volleyball / Badminton | Cycling | Football (AGP) | HANDS | HEART |
| 3 | 8 | Football (AGP) JF | Volleyball / Badminton | Netball HL/EW | HANDS | HEAD |
| IA | 2 | Indoor Athletics | Indoor Athletics | Indoor Athletics | | |
| 4 | 8 | Gymnastics | Healthy Active Lifestyles JF | Rugby (AGP)LO | HANDS | HEART |
| 5 | 8 | Rugby (AGP)JF | Gymnastics / Parkour | Healthy Active Lifestyles HL/EW | HANDS | HEAD |
| 6 | 8 | Dance (Pop Bands) | Rugby (AGP) | Gymnastics / Parkour | HANDS | HEART |
| 7 | 8 | Athletics | Tennis | Athletics | HANDS | HEAD |
| 8 | 8 | Tennis | Athletics | Rounders/Cricket (AGP) | HANDS | HEART |
| 9 | 8 | Rounders/Cricket (AGP) | Cricket/Rounders (AGP) | Tennis | HANDS | HEAD |

9Y

| | LESSONS | ASPIRE AS | ACHIEVE LO | | ASSESSMENT | |
|-----------|----------|-------------------------|---------------------------|--|------------|-------|
| FT | 2 | Fitness Testing | Fitness Testing | | | |
| 1 | 8 | Netball | Football (AGP) | | HANDS | HEAD |
| 2 | 8 | Volleyball / Badminton | Cycling | | HANDS | HEART |
| 3 | 8 | Football (AGP) LO | Volleyball / Badminton AS | | HANDS | HEAD |
| IA | 2 | Indoor Athletics | Indoor Athletics | | | |
| 4 | 8 | Gymnastics | Healthy Active Lifestyles | | HANDS | HEART |
| 5 | 8 | Rugby (AGP) LO | Gymnastics / Parkour AS | | HANDS | HEAD |
| 6 | 8 | Dance (Pop Bands) | Rugby | | HANDS | HEART |
| 7 | 8 | Athletics | Tennis | | HANDS | HEAD |
| 8 | 8 | Tennis | Athletics | | HANDS | HEART |
| 9 | 8 | Rounders/Cricket (AGP) | Cricket/Rounders (AGP) | | HANDS | HEAD |