



General Aim of the subject

In Year 9, we continue with our focus of developing physical competence across the range of units delivered, however there is more emphasis on the reflective and evaluative aspects of performance. As a result, students become more responsible and in control of their own learning and development. The aim is also for our students to develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles outside of the curriculum. By discovering what activities they enjoy, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity. PE also helps students develop personally and socially. Finally, our Year 9 students take on different roles and responsibilities, including leadership, coaching and officiating.

By offering PE at BIS Abu Dhabi, we aim to give our students the opportunity and encouragement to achieve their potential in a stimulating, informative and safe environment; to encourage a healthy and active lifestyle; to nurture sportsmanship in all aspects of competition; to create a passion for active recreation and sport and to assist pupils in reaching their physical potential in a variety of sporting

Year 9 Curriculum Content

Number of lessons per timetable cycle: 3

Although delivered at slightly different times of the year, a typical Year 9 student would experience the following areas of study:

Term	Term 1	Term 2	Term 3
Topic	Fitness for Sport Swimming Striking & Fielding	Athletics Gym & Dance Sports Leadership	Net & Wall Invasion games Adventurous Activities
Assessment			

Useful website(s):

Brian Mac Sports Coach: <https://www.brianmac.co.uk/index.htm>

BBC Sports Academy: <http://news.bbc.co.uk/sport2/hi/academy/default.stm>

Global Campus Olympic Training Programme: <http://globalcampus.nae.school/course/view.php?id=310>

(must login to Global Campus first with your school login details)