



THE
HAYLING
COLLEGE

KS3 PE CONCEPT CURRICULUM YEAR 9



ANALYSIS YEAR – THINK DEEPLY, IMPROVE PERFORMANCE

We learn important life skills through physical activity.
Every activity is the vehicle. The concept is the focus.

UNIT & OVERALL TITLE	CONCEPTS (What we are learning)	PUPIL QUESTIONS (What should you be able to answer?)
UNIT 1 PERFORMANCE PREPARATION & FITNESS PREPARE WELL, PERFORM WELL  Thinking more deeply about preparation, fitness and performance.	 1. Effective Warm-Up & Injury Prevention	1. How does an effective warm-up improve performance and reduce injury risk?
	 2. Selecting Key Components of Fitness	2. Which components of fitness are most important for a particular sport, and why?
	 3. Performance Analysis	3. What is the main factor limiting your performance?
	 4. Targeted Improvement	4. What specific improvement would make the biggest difference, and why?
UNIT 2 TACTICS, STRATEGY & DECISION MAKING READ THE GAME, ADAPT YOUR PLAY  Analysing tactics, solving problems and making effective decisions.	 1. Tactics & Strategy	1. Was a tactic or strategy successful? What would you change next time?
	 2. Evaluating and Adapting Strategies	2. How can you adapt a strategy to improve the outcome?
	 3. Decision Making Under Pressure	3. How do you make effective decisions in different game situations?
	 4. Solving Performance Problems	4. How can you solve a performance problem during a game or activity?
UNIT 3 LEADERSHIP, COMMUNICATION & TEAM PERFORMANCE LEAD OTHERS, IMPROVE OUTCOMES  Exploring how leadership, communication and teamwork affect success.	 1. Leadership	1. How do leadership and communication affect team performance?
	 2. Communication for Team Success	2. What does effective leadership look like in PE?
	 3. Decision Making in Teams	3. How can teamwork and decision-making improve outcomes?
	 4. Giving Justified Feedback	4. How can you analyse performance and give justified feedback?
UNIT 4 HEALTHY LIFESTYLES, MOTIVATION & LIFELONG ACTIVITY STAY ACTIVE, NOW AND IN THE FUTURE  Linking physical activity, wellbeing, confidence and lifelong participation.	 1. Motivation & Resilience	1. How do motivation, confidence and resilience influence success?
	 2. Confidence & Challenge	2. How can confidence help you respond to challenge?
	 3. Physical Activity, Mental Wellbeing & Lifestyle Choices	3. How are physical activity, mental wellbeing and lifestyle choices linked?
	 4. Staying Active for Life	4. Why is maintaining an active lifestyle important beyond school and into adulthood?



JOIN A CLUB – BE ACTIVE, HAVE FUN, MAKE FRIENDS!
Clubs at lunch and after school – find something you enjoy and stay active for life.



EXAMPLES OF CLUBS YOU COULD JOIN:



SPORTS
TEAMS



FITNESS
CLUB



DANCE
CLUB



RUNNING
CLUB



LEADERSHIP
CREW



OUTDOOR
ADVENTURE

ACTIVE BODIES. STRONG MINDS. BRIGHT FUTURES.