

ST JOSEPH'S RC HIGH SCHOOL CURRICULUM PLANNER
2024-2025



Subject: PE Yr9—content may be in a different order

AUTUMN TERM	
September - October	Content:
	Methods of Training
	<i>Further Methods of Training for lifelong participation</i>
November - December	Content:
	Gymnastics
	<i>Development of flight skills including vaulting</i>
SPRING TERM	
January – Early February	Content:
	CrossFit
	<i>Further development of Olympic Weightlifting movements and CrossFit formats</i>
Late February - March	Content:
	Leading Fitness Testing
	<i>Develop understanding of fitness tests to lead them in adherence to fitness protocols</i>
SUMMER TERM	
April - May	Content:
	Cricket
June - July	Content:
	Baseball
ADDITIONAL NOTES	
Date	Content