

Year 9 PE

Football

- Lead a warm up and explain how personal levels of fitness can impact on performance.
- Develop a consistent approach to controlling the ball with different body parts and understand how to transition play to outwit opponents.
- Learn how to manipulate the ball and body to give them more time to make appropriate decisions.
- Use these skills consistently in a game scenario.

Badminton

- Refine the basic shots, tactics and rules learned in Year 8.
- Attempt to apply these consistently to a game scenario in small court singles and doubles matches.
- Practise controlling a rally, looking to take control and manipulate the position of their opponent.
- The basic serve learnt in Year 8 will be developed further and hit into different areas.

Rugby

- Refine attacking movements and look at ways to outwit opponents as a team.
- Using side steps and changes of pace, attempt to create space to exploit scoring opportunities.
- Display more advanced tackling techniques.
- Effective application of rucking.
- Apply these techniques in small sided games.

Netball

- Lead a warm up and discuss how personal levels of fitness can impact on own and others' performance.
- Become more competent, confident and expert in the techniques, tactics and rules.
- Apply tactics and rules consistently to a game scenario.
- Move the ball quickly and develop patterns of play to outwit opponents as a team, culminating in shooting opportunities.

Swimming

- Develop and refine strokes, with a continued refinement of the freestyle technique.
- Improve the efficiency of starts, turns and finishes.
- Develop additional strokes.
- Break down the skills and isolate key movements.
- Further development of key water safety principles.
- Improve fitness levels.

Basketball

- Refine the basic techniques for passing and dribbling.
- Develop the correct approach for shooting and apply this in small sided games.
- Perform a 'lay up' with an element of consistency in the technique.
- Develop an understanding of defensive strategy and how it can be applied.

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Develop cardiovascular fitness levels and understand how other aspects of fitness contribute to a performer. | |
| Athletics <ul style="list-style-type: none"> • Develop skills further in a range of track and field events. • Improve previous performances and understand how slight modifications can facilitate improvement. • Analyse performances compared to previous ones and demonstrate improvement to achieve personal bests. • Record the scores of others and make suggestions as to how they could improve. | |
| Tennis <ul style="list-style-type: none"> • Develop the strokes of forehand and backhand. • Develop net play to be able to 'drop volley' and 'deep volley'. • Devise logical progression to ensure they are able to perform the shots from isolation into a competitive rally. • Start a rally from an overhead serve and be able to serve using different angles, increasing pace to improve chances of success. | |
| Cricket/Rounders <ul style="list-style-type: none"> • Within rounders, understand the full version of the game and the different modifications related to the structure of the innings. • Strike the ball and look to manipulate opponents' fielding placements through precise striking of the ball. • Manipulate delivery of the ball, varying the pace and direction to restrict scoring opportunities. • Alter the body position when striking the ball to increase scoring opportunities. | |
| Advice to students for independent study | <ul style="list-style-type: none"> • Ensure skills are being consolidated by attending at least two extra curricular club a week. • Join one of our clubs in the community. • Continue to recognise which aspects of fitness are needed most in each activity. • Apply the theoretical knowledge shared in preparation for GCSE Physical Education. |