

## P.E – Year 9 (Boys)

Two P.E units are studied concurrently. The units below are in no particular order and they are studied on 7 week rotations.

### Rugby

1. Ball familiarisation, having the ability to show a range of rugby ball handling skills effectively.
2. To recap passing and receiving and have the ability to show these in small sided games.
3. To demonstrate an understanding of the basic and some advanced rules in rugby
4. To break down and introduce a rugby tackle from stationary to moving and apply this in a game situation
5. Having the key skills to outwit an opponent in a game situation
6. Working as a team to create space and width within a game situation

### Badminton

1. To recap and understand the court markings for both singles and doubles
2. To improve and demonstrate good hand eye coordination with a racket and shuttle showing a good grip
3. Demonstrate a successful overhead and underarm clear aiming to get the shuttle to the back of the court
4. Recap and understand the importance of the drop shot and be able to show this within a game situation
5. Discuss and know the importance of movement and having the ability to move your opponent around the court.
6. Know the basic rules and have the ability to play both a singles and doubles match

### Dance

- 1) Understand & implement more complex dance structure such as rondo.
- 2) Use a number of more advanced technical skills within a performance - action content, dynamic content, spatial design, relationship content, rhythmic content, stylistic qualities.
- 3) Understand and show accurate mental skills - movement memory, commitment, concentration, confidence, performing under pressure.
- 4) Focus on and demonstrate expressive skills - projection, focus, spatial awareness, facial expression, musicality, sensitivity to other dancers, communication of choreographic intent.
- 5) Analyse themselves and others accurately making clear plans for improvement.
- 6) Show appreciation of professional dance pieces of work and be able to comment on costume, set, intention, mood, performance space.

### Football

1. To demonstrate how to pass and receive the ball to a partner and then develop this into small sided games.
2. To recap dribble, control and turning and have the ability to use this to an advantage in a game situation
3. The ability to outwit an opponent in a set drill and game situation
4. To show good control of the ball using other parts of the body
5. To develop a basic tackle and understand why this can be effective in a game situation
6. To understand and discuss the different positions on the pitch and what their roles are within the game.

### Fitness

To learn and demonstrate different components of fitness and methods of training and to be able to identify different sports which would benefit from these methods. Different types of fitness tests will be completed and to discuss the different between health and skill related fitness. Pupils will also know the importance of an effective warm up and cool down.

### Basketball

1. To show good hand eye coordination using a basketball
2. Introduce and show a good dribbling technique and have the confidence to use this in a game
3. To show the correct shooting technique for a set shot (BEEF) and have the control to use this in a game situation
4. To demonstrate and understand when to either pass, dribble or shoot in a game situation
5. To demonstrate a good lay up technique and be able to use this in a game situation
6. To understand the basic rules in basketball e.g. travel, double dribble and have the ability to play a small sided game using the skills developed.

### **Tennis**

1. To show basic racket and ball familiarisation aiding the development of hand eye coordination
2. To be able to demonstrate a basic forehand technique to a partner with control
3. To be able to demonstrate a backhand technique to a partner with control
4. To understand and know the different lines on the court for singles and doubles
5. Introduce different shots in tennis which can help win a point in a game situation
6. To look at the serve and to understand who serves and the basic rules

### **Athletics (Field)**

1. Pupils will learn the basic throwing (discus, javelin, shot putt) and jumping techniques (long jump) and know the difference between a good throw/jump and a foul throw/jump.
2. Pupils will demonstrate a stationary throwing action and discussions will take place on how power can be incorporated into each throw/jump.

### **Athletics (Track)**

1. Pupils will complete a variety of different track events from the 100m up to 1500m.
2. Pupils will demonstrate a show a good sprint technique.
3. Pupils will have the ability to understand the importance of pacing and the benefits this can have on a performer.
4. Pupils will learn how to do a good relay change over technique and be able to show this is in a race effectively.

### **Striking and Fielding**

1. Demonstrate good ball familiarisation and show good controlled hand eye coordination
2. To show a good and accurate throwing technique both underarm and overarm and to know when to use each in a game situation.
3. To understand the importance of a long barrier and to be able to show its effectiveness in a game situation
4. To demonstrate a good bowling technique with control and know the difference between a good ball and no balls/wides
5. To understand and show a good batting technique and show placement when batting in a game situation
6. To have the ability to use the rules in an effective manner to help in a game situation

## P.E – Year 9 (Girls)

Two P.E units are studied concurrently. The units below are in no particular order and they are studied on 7 week rotations.

### Netball

1. Recap and demonstrate the 3 basic passes in netball
2. Understand and show basic footwork to impact and create space within a game
3. To know and understand all the positions on court and their role
4. Showing as a team how to create space within a game situation by working the ball up the court
5. Having the ability to dodge to get away from an opponent and become free for the next pass
6. To be able to umpire a game and have the knowledge of the majority of rules

### Badminton

1. To recap and understand the court markings for both singles and doubles
2. To improve and demonstrate good hand eye coordination with a racket and shuttle showing a good grip
3. Demonstrate a successful overhead and underarm clear aiming to get the shuttle to the back of the court
4. Recap and understand the importance of the drop shot and be able to show this within a game situation
5. Discuss and know the importance of movement and having the ability to move your opponent around the court.
6. Know the basic rules and have the ability to play both a singles and doubles match

### Dance

- 1) Understand & implement more complex dance structure such as rondo.
- 2) Use a number of more advanced technical skills within a performance - action content, dynamic content, spatial design, relationship content, rhythmic content, stylistic qualities.
- 3) Understand and show accurate mental skills - movement memory, commitment, concentration, confidence, performing under pressure.
- 4) Focus on and demonstrate expressive skills - projection, focus, spatial awareness, facial expression, musicality, sensitivity to other dancers, communication of choreographic intent.
- 5) Analyse themselves and others accurately making clear plans for improvement.
- 6) Show appreciation of professional dance pieces of work and be able to comment on costume, set, intention, mood, performance space.

### Football

1. To demonstrate how to pass and receive the ball to a partner and then develop this into small sided games.
2. To recap dribble, control and turning and have the ability to use this to an advantage in a game situation
3. The ability to outwit an opponent in a set drill and game situation
4. To show good control of the ball using other parts of the body
5. To develop a basic tackle and understand why this can be effective in a game situation
6. To understand and discuss the different positions on the pitch and what their roles are within the game.

### Fitness

To learn and demonstrate different components of fitness and methods of training and to be able to identify different sports which would benefit from these methods. Different types of fitness tests will be completed and to discuss the different between health and skill related fitness. Pupils will also know the importance of an effective warm up and cool down.

### Basketball

1. To show good hand eye coordination using a basketball
2. Introduce and show a good dribbling technique and have the confidence to use this in a game
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6. To understand the basic rules in basketball e.g. travel, double dribble and have the ability to play a small sided game using the skills developed.

### **Tennis**

1. To show basic racket and ball familiarisation aiding the development of hand eye coordination
2. To be able to demonstrate a basic forehand technique to a partner with control
3. To be able to demonstrate a backhand technique to a partner with control
4. To understand and know the different lines on the court for singles and doubles
5. Introduce different shots in tennis which can help win a point in a game situation
6. To look at the serve and to understand who serves and the basic rules

### **Athletics (Field)**

1. Pupils will learn the basic throwing (discus, javelin, shot putt) and jumping techniques (long jump) and know the difference between a good throw/jump and a foul throw/jump.
2. Pupils will demonstrate a stationary throwing action and discussions will take place on how power can be incorporated into each throw/jump.

### **Athletics (Track)**

1. Pupils will complete a variety of different track events from the 100m up to 1500m.
2. Pupils will demonstrate a show a good sprint technique.
3. Pupils will have the ability to understand the importance of pacing and the benefits this can have on a performer.
4. Pupils will learn how to do a good relay change over technique and be able to show this is in a race effectively.

### **Striking and Fielding**

1. Demonstrate good ball familiarisation and show good controlled hand eye coordination
2. To show a good and accurate throwing technique both underarm and overarm and to know when to use each in a game situation.
3. To understand the importance of a long barrier and to be able to show its effectiveness in a game situation
4. To demonstrate a good bowling technique with control and know the difference between a good ball and no balls/wides
5. To understand and show a good batting technique and show placement when batting in a game situation
6. To have the ability to use the rules in an effective manner to help in a game situation