

Subject: Physical Education

Department Staff – Ms L Goodwin, Ms D Donnelly, Ms K Wiltshire

Year 9

<p><i>Contents: what you will study</i></p> <p>Invasion Games: Netball, full sided competition. Fitness: reasons for Life-long healthy living and baseline testing</p>
<p><i>National Curriculum levels at which you will work</i> Level 5/6/7</p>
<p><i>Skills which you will develop this term:</i></p> <ul style="list-style-type: none">• Adaptation and refinement of performance• Using and selecting practices to improve performance of self and others• Umpiring, coaching and use of tactics• Ability to measure various fitness components
<p><i>Assessment: how you will be tested this term</i> You will assessed on your ability to</p> <ul style="list-style-type: none">• use tactics to plan attacks and defence• understand how to use rules to your advantage• achieve and understand norms for baseline testing in Fitness
<p><i>Equipment which you will need for this terms work</i> Outdoor PE kit Netball Indoor PE kit for Fitness PE kit bag</p>
<p><i>Key words which you will need to learn for this term's work</i></p> <p><u>Invasion Games:</u> Starts, restarts, set plays, team strategy, team play, leading, Officiating, outwitting an opponent.</p> <p><u>Fitness</u> Agility, Stamina, strength, speed, flexibility, balance, coordination</p>

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<p><i>Contents: what you will study</i> Invasion Games: conditioned games based on basketball</p> <p>Net Games: small-sided and conditioned games based on volleyball</p>
<p><i>National Curriculum levels at which you will work</i> Level 5/6/7</p>
<p><i>Skills which you will develop this term:</i></p> <ul style="list-style-type: none">• Anticipating opponent's responses.• Planning team tactics.• Using and selecting practices to improve performance of self and others.• Umpiring and coaching.
<p><i>Assessment: how you will be tested this term</i> You will assessed on your ability to:</p> <ul style="list-style-type: none">• play a range of shots (to include dig, set, serve and volley) with some consistency.• use and select appropriate passes.• use tactics to plan attacks and defence.• understand how to use rules to your advantage.
<p><i>Equipment which you will need for this term's work</i> Outdoor PE kit, Research on courts and tactics for volleyball and basketball PE kit bag</p>
<p><i>Key words which you will need to learn for this term's work</i></p> <p><u>Invasion Games:</u> starts, restarts, set plays, team strategy, team play, leading, Officiating, outwitting an opponent.</p> <p><u>Net Games:</u> ready positions, dig, set, volley, offence, defence, changing attack into defence, rotation, anticipation.</p>

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<p><i>Contents: what you will study</i> Striking and Fielding Games: conditioned and full games based on Rounders Athletics: Throwing, jumping and running Events</p>
<p><i>National Curriculum levels at which you will work</i> Level 5/6/7</p>
<p><i>Skills which you will develop this term:</i></p> <ul style="list-style-type: none">• Anticipating opponents responses• Planning team tactics• Using and selecting practices to improve performance of self and others• Umpiring and coaching
<p><i>Assessment: how you will be tested this term</i></p> <p>You will assessed on your ability to</p> <ul style="list-style-type: none">• perform a range of throwing, jumping and running skills with control, accuracy and power.• select appropriate exercises to put into your warm-up to prepare effectively.• use a range of attacking and defending skills and tactics in rounders with consistency.• use tactics to plan attacks and defence• understand how to use rules to your advantage
<p><i>Equipment which you will need for this term's work</i> Outdoor PE kit, Research on courts and tactics for Rounders and Athletics PE kit bag</p>
<p><i>Key words which you will need to learn for this term's work</i></p> <p><u>Athletics:</u> Training methods, training principals.</p> <p><u>Striking and Fielding Games:</u> Officiating, anticipation.</p>