



Physical Education

Year 9 Curriculum

In Year 9, you will explore the following **sports**:
 Fitness , TGFU, Handball, Badminton, Dance, Basketball, Volleyball, Lacrosse, Gymnastics,
 Athletics, Striking and fielding (rounders/cricket), Tennis, Swimming.

Below is what you will learn in each sport.

Fitness

- Different training types
- Heart rate monitoring
- Cardiovascular endurance activities

Gym/Dance

- Relationships
- Space
- Use of stimulus
- Use of apparatus

Handball

- Passing
- Dribbling
- Footwork
- Shooting
- Defence / marking
- Rules

Basketball

- Use of court
- Lay-ups
- Space
- Passing
- Dribbling
- Dummying

Badminton

- Serving
- Court movement
- Rally
- Shot selection
- Doubles
- Scoring
- Officiating

Swimming

- All strokes
- Floating
- Sculling
- Diving

TGFU

Through a range of sports pupils will look at tactical understanding and set plays. They will identify strengths and weaknesses in performance and create skills practices to improve their game play, with the aim of implementing them into the game.

Striking and fielding – Rounders/Cricket

- Throwing
- Catching
- Batting placement
- Bowling
- Fielding – long barrier
- Backstop to 1st base
- Team work
- Scoring

Tennis

- Coordination
- Control
- Rally
- Forehand
- Backhand
- Serving
- Drop shot
- Smash

Athletics

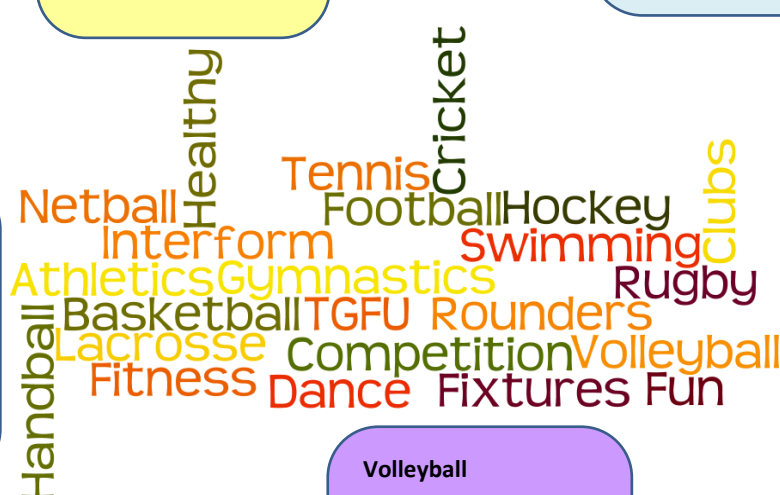
- Track
- Field

Volleyball

- Serving
- Volley
- Dig
- Use of 3 touches
- Rules
- Serve rotation
- Smash
- Blocking

Lacrosse

- Throwing
- Catching
- Cradling
- Scooping
- Small sided games



Across the year, you will also learn about the following theory aspects
 (these will not be assessed)

- Identify the different joints
- Explain what movement occurs at the joints
- Describe how antagonistic pairs of muscles create opposing movement at joints to allow physical activity
- Explain the pathway of the blood
- Explain how you can prevent injury
- Explain the difference between short and long term effects of exercise on the body



You will be assessed through a combination of skills practices, modified games, full games, sequences, self/peer assessment of strengths and weaknesses, Q&A.

