



# Presdales Physical Education Journey

## Year 9 – Developing Skills and Embedding Knowledge



### GCSE PE / CORE PE

#### Volleyball

You will develop and embed the core skills of volley, dig and serve to a game situation with tactical awareness. You will be able to decide which skill to use in different scenarios in mini-games and outwit opponents.



#### Fitness

You will develop an understanding of the different ways fitness can develop an active, healthy lifestyle. This will include circuit training, fun cardio games, clubbercise, yoga and boxercise. You will also understand about heart rate and fitness tests in preparation for GCSE PE.



#### Trampolining

You will further embed skills learnt in Year 8 with twisting moves in and out of landings. You will also learn somersaults and embed all skills into routines.



### Autumn Term

Your Physical Education Journey starts here ...

#### Cricket

Your lessons will look at developing core skills; batting, bowling, fielding and tactics within the game.



#### Swimming

You will embed your technique from Year 8 in front crawl, breast stroke, back crawl and butterfly. You will also develop skills for water polo, volleyball, aerobics, and synchronised swimming.



#### Tennis

Your lessons will look at embedding various forehand and backhand strokes, serving and the tactical understanding of singles and doubles.



#### Handball

You will develop and embed the core skills of passing, shooting and dribbling within a game context. You will learn attacking and defending principles of this new sport.



### Summer Term

#### Athletics

You will develop and embed the key techniques from Year 8 required to undertake a variety of track and field events whilst supporting your peers in their performance through key teaching points. Your lessons will cover throws, runs and jumps with progression from Year 8.



### Spring Term

#### Badminton

You will recap from Year 8 how to set up the court, the grip, how to serve, the net shot, drop shot and overhead clear. You will then develop a variety of new shots in practice and apply into a game situation; lift and smash shot.



#### Football

Your lessons will look at developing attacking defensive principles. You will develop your passing, shooting, tackling, heading and possession play through small-sided games.



#### Basketball

You will be able to embed the core skills in a game consistently and show a good understanding of the tactics required in the game using the triple threat. You will be comfortable using the lay-up, set-shot, zone and man-to-man defence.



#### Netball

You will be embedding skills from Year 8 such as passing, footwork, shooting, positions, attacking and defending within a game context. You will also learn how to umpire and play in a tournament.



### Show Your Commitment

- ✓ Try your best in all lessons
- ✓ Bring your PE kit to all lessons
- ✓ Attend PE extra-curricular clubs each term

### Demonstrate the School Values

- Ambition
- Equality
- Creativity
- Integrity
- Resilience
- Kindness

### Fixtures

Below are the fixtures/tournaments you can compete in across the year if you come to extra-curricular clubs

- Dance/Gym Show
- Basketball
- Tennis
- Trampolining
- Rounders
- Football
- Hockey
- Athletics
- Cricket
- Netball
- Equestrian
- Cross-Country
- Sportshall Athletics
- Swimming

