



What Year 9 students will learn in the Autumn & Spring Term in PE

Handball

Students should develop more ways to outwit their opponents in a game situation, both in attack and defence, including as a goalkeeper and continue to perfect the basic skills of passing, dribbling, shooting and blocking.

Netball

Through a Sports Education Model Students should take on a variety of roles to ensure the safe smooth running of a netball tournament.

Warm up marshal – lead the warmup for your team

Health & Safety Officer – check playing area and your players to be appropriately dressed.

Equipment Monitor - set up the equipment for the lesson (post, balls & bibs)

Skills & Drills – lead a practise for the focus of the lesson for your team

Additional Information

Year 9 focus is development of more complex skills and being able to perform these skills accurately and effectively in controlled game situations. Students will learn the basics of leadership through completing warm-ups for a partner or a small group.

Hockey

Students should develop more complex skills and apply these in a game situation. Students should apply positions and tactics within a game situation in order to outwit opponents.

Rugby

Students will continue to develop the basic skills of tackling, passing and receiving the ball and how to attack and set up defence. Students will begin to enhance methods of outwitting a defence, learn more complex rules and play in up to 7 v 7 games.

Badminton

Students should develop more complex shots, move with greater efficiency around the court and begin to link shots together, leading to more effectiveness in game situations.

Football

Students should be able to show effective play in a small sided game, showing a range of skills and an understanding of attack and defence.

Basketball

Students should be able to play in 5V5 full court games using man to man defence and basic zone. Be able to apply contact and barging rules. Be able to choose the correct shooting technique for the situation. Be able to play a simple fast break.

HRF

Students learn about how to exercise safely using different pieces of equipment and what nutrition is best to improve fitness. Students will understand the importance of a healthy diet too.