



## What Year 9 students will learn in the Spring Term in PE

### Netball

1. Students should lead a small group warm up, correctly using a pulse raiser & dynamic stretches
2. Students should perform and accurately select correct passes to beat a defender
3. Students should be able to “get free” from a defender correctly selecting the most appropriate technique
4. Students should know how to defend, knowing the difference between man and zonal marking
5. Students should be able to perform correct footwork and know how to use it to gain an attacking advantage
6. Students should be able to shoot with accuracy and know the importance of position in the D
7. Students should be able to apply skills in a game situation

### 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.

### Football

1. Know how to warm up safely for football, to prevent injury and be able to perform in small-sided games, with minimal teacher input.
2. Be able to play safely in a small-sided game, applying the main rules of football.
3. Be able to consistently and accurately apply core skills – passing, dribbling, shooting – effectively in a small-sided game.
4. Be able to defend/jockey in a 1v1 scenario.
5. Know the relevance and importance of good decision making in a game scenario.

### Table Tennis

- 1 Play the backhand drive with greater accuracy and consistency
- 2 Be able to play the Forehand drive as a way to attack opponent.
- 3 Be able to play the slice serve with increased accuracy to make opponent play defensively.
- 4 Be able to play the smash as a point winning shot.
- 5 Be able to play the Forehand defensive slice- To deal with smash
- 6 Linking skills slice serve, pushes, drives and smash.
- 7 Be able to identify and start to exploit opponents’ weaknesses
- 8 Be able to link more complex shots to increase effectiveness

### Basketball

1. Be able to play in 3v3 small-court games applying double dribble and out of bounds rules.
2. Be able to keep perform basic dribble with control
3. Be able to play the chest pass and know when to use it
4. Be able to play the overhead pass and know when to use it
5. Know how to beat an opponent with change of speed, direction and crossover dribble.
6. Know basic defensive position in 1V1 situations.
7. Be able to use basic set shot