



PE - YEAR 9

Gymnastics

Set equipment up to ensure **safety** for all. Explore **flight** and use equipment such as springboards, trampettes & vaults.

Volleyball

Understand the importance of a volley & dig, linking them together to **outwit opponents**. Know how to serve & attack the opposition with a spike.

Hockey

Refine skills and progress onto more **advanced techniques & tactics**, providing more options when receiving the ball, attacking and shooting.

Rugby

Develop your rugby union knowledge and look into the basics of **rucking, mauling & scrummaging**. Continue to apply tackling **safely**.

Physical Activity

Work at **high RPE** rates, increase your knowledge of **training & the human body**, progress skills into more **advanced movements/heavier weights**. .

Badminton

Continue to develop knowledge of the game. Start to think **tactically** to beat opponents.

Handball

Continue to develop your skills and **tactical knowledge**. Challenge skills & techniques and move onto a more advanced level.

Netball

Recap the fundamentals and build on them through the use of attacking & defending principles. Develop **officiating skills**.

Rounders

Challenge bowling, batting and fielding positions with **tactical play**.

Flag Football

Develop an understanding of the game & positions, as well as skills involving **the snap**, passing, and running the ball.

Athletics

The 3 disciplines of athletics: throws, runs and jumps. Refine **techniques** & work on gaining faster times & distances. **Officiate** others.

Cricket

Continue to develop the core skills from previous years and challenge these, pushing them to a more **advanced level**.

