



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 & larger distances. Officiate others.

Cricket

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

