

PHYSICAL EDUCATION

Pupil year: U4 (Yr 9)

Head of Department: Miss L K Millar

Subject Topic

Gymnastics
Advanced flight
Work in 3s

Skills and Attitudes

Olympic and Educational gymnastics including vaulting and large apparatus group and sequence work.

Netball

More advanced passing, catching and footwork skills, e.g. work with non-dominant hand, reverse pivot and more defensive tactics

Hockey

Development of more advanced patterns of play, tactics and skills, e.g. shadowing, channelling and scanning. Indoor hockey as a separate game. Setting in final term.

Cross-Country

Individual challenge – sustained running for stamina improvement, emphasis on pacing.

Badminton

Refinement of techniques and tactics learned in previous year.

Volleyball

Refinement of techniques and tactics learned in previous year including dig, volley/set, serve and knowledge of playing rules and procedures.

Basketball

Development of set skills with more emphasis on tactical and positional play, e.g. forwards, post-play and ball handler.
Leading to full game. Individual skill acquisition in all events.
Refinement and development of techniques. Emphasis on safety.

Athletics

Practice and performance of all Track and Field disciplines.

Swimming

To develop technique in all strokes. Survival skills and timed swims in all strokes. More emphasis on stamina and water skills e.g. shallow/deep water entry and diving.

Tennis

Development of racquet skills, including all basic strokes; more emphasis on serve and volley skills. Understanding of rules, scoring and tactics within the game.

Rounders

Inclusion of striking and fielding skills within the game context.
Awareness of tactics.