

PHYSICAL EDUCATION

Pupil year: **Upper 4 (Yr 9)**

Head of Department: **Mrs C Gabbitass**

Subject Topic	Skills and Attitudes
Gymnastics, advanced flight	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 and attacking tactics to outwit oppo-nents.
Hockey	Development of more advanced patterns of play, tactics and skills, e.g. shadowing, channelling and scanning. Groups are set according to ability.
Cross- Country	Individual challenge – sustained running for stamina improvement, emphasis on pacing.
Badminton	Refinement of techniques and tactics learned in previous year with emphasis on out-witting opponents.
Basketball	Development and replication of set skills with more emphasis on tactical and positional play, e.g. forwards, post-play and ball handler. Leading to full game.
Aerobic Fitness	Knowledge & understanding of aerobic activity and effects on the body. Experience of different types of aerobic fitness and personal preferences.
Athletics	Practice and performance of all track and field disciplines. Individual skill acquisition to improve personal performance in all events. Refinement and development of techniques. Emphasis on safety.
Swimming	To develop technique in three major 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 racket 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.