

PHYSICAL EDUCATION

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

Head of Department: **Mrs C Gabbitass**

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 opponents
Hockey	Development of more advanced patterns of play, tactics and skills, e.g. shadowing, channelling and scanning. Groups are set according to ability
Badminton	Refinement of techniques and tactics learned in previous year with emphasis on outwitting 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 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