

YEAR 9

PHYSICAL EDUCATION

Curriculum Content

During the winter terms the curriculum widens to include Badminton, Basketball, Health Related Fitness and Table Tennis alongside Dance, Gymnastics, Hockey and Netball, whilst in the summer the girls will participate in Athletics, Cricket and Tennis. The aim is to introduce new activities and skills while continuing to develop the level of performance in those activities covered in previous Years. During practices and games play there will be opportunities to perform, umpire and evaluate.

Knowledge, skills and understanding

Dance

Excellent use of body movements, gestures, linking and rhythm. Sequences show outstanding individual and group movements. Original theme explored to full extent. Highly confident performance. Dance is complex and uses space well.

Gymnastics

Perform more advanced agilities with excellent control and style. Fluent routine showing advanced skills, quality of movement and aesthetic quality. Excellent performance of advanced moves on apparatus.

HRF

Show an understanding of the importance of exercise and its benefits to health. Know how to monitor heart rate and the effect of exercise on the heart. Can develop an exercise sequence and teach a group of girls to perform it.

Badminton, Table Tennis and Rounders

Demonstrate the basic techniques successfully in practices and transfer these skills to the game situation. Play well in the game and show awareness of the rules of play. Able to score and umpire.

Hockey and Netball

All passes accurate and controls the ball from all directions. Excellent control and ability to dodge in order to receive and distribute the ball successfully. Games play shows good skill level and tactics.

Athletics

Running : excellent start, full leg drive and lift, good technique over full distance.

Jumps : very fast and aggressive on board with good sprint action, excellent lift and take off, correct flight technique.

Throws: preparation well balanced and controlled, good body rhythm, whole body drives, full awareness of safety and rules

Cricket

Demonstrate the basic techniques of batting, bowling and fielding successfully in practices and able to transfer these skills to the game situation. Play well in the game and show awareness of the rules of play.

Tennis

Forehand and backhand using topspin and slice. Excellent volleys. Ability to serve over arm. In the game rallies and show tactical awareness in doubles.

Assessment opportunities

Girls are continually assessed in games lessons and during the Inter Form tournaments. Gymnastics will be assessed during the performances at the end of a four-week block of lessons.

Dance will be assessed during the performances at the end of a four week block of lessons and during the Inter Form competition.

Tennis, Cricket and Athletics will be continually assessed during the Summer term.