



PE – Year 9 Athletics

Learning about this topic is important because: it allows students to build upon the fundamental athletics skills taught in Year 7 and 8. Athletics enables young students to build many different qualities such as perseverance, determination, resilience and endeavour. In Year 9 they are able to develop skills learnt in Year 8 by using more advanced techniques, especially in field events.

This builds on:

Year 8 athletics skills learnt. Builds on knowledge of working hard to improve upon a previous personal best time / distance / height.

This leads to:

Repetition of fundamental skills such running, jumping and throwing skills in an athletics form which can be used in other team and individual sports. Works towards GCSE PE development of fundamental skills in competitive scenarios and utilising these skills to improve upon a personal best time / distance / height. They will aim to become more technically efficient across a number of athletic events.

We will learn:

Technique for efficient sprinting and bend running (200m / 300m)
Technique for a sprint start
Pacing for running middle distance races over 800m or 1500m
How to pass a relay baton efficiently – upsweep and downsweep technique
How to accurately replicate effective long jump by measuring out an accurate run up
How to generate power for effective shot putt technique using the glide
How to generate power for effective discus technique
How to generate power for effective javelin technique using three step approach
How to use a stopwatch to record times accurately.
How to measure and record each event correctly and accurately.

We will develop/practise skills including:

Sprinting
Middle distance running
Relay
Hurdles
Long Jump
High Jump
Shot Putt
Discus
Javelin

Some of the vocabulary that we will use includes:

Speed, sprint start, pacing, stamina, technique, run up, take-off, landing, grip, stance, trajectory, glide, angle of release, Fosbury flop, personal best

You could learn more about this topic by:

Watching athletics competitions e.g. Diamond League on TV and YouTube
Researching rules of different events on the internet
Attending extra-curricular athletics club
Competing for your House on Sports Day
Joining an athletics clubs outside of school e.g. Wirral AC, West Cheshire AC, Warriors PAC

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Competitive scenarios within the lesson to show application of learnt skills for each event
Tasks that give you the opportunity to improve upon your previous best performance.



Year 9 Football

Learning about this topic is important because: it allows students to embed learnt skills and develop existing skills necessary for different team-based activities. Students will continue to develop teamwork, resilience, collaboration, leadership and communication in this topic.

This builds on:

Year 8 football skills learnt. Builds on knowledge of working as part of a team and how to collaborate with others to achieve a common goal. Builds on confidence of skills in isolation and the transfer of these into competitive scenarios and game play.

This leads to: repetition and practise of fundamental skills such as dribbling passing/receiving, attacking and defending skills, knowledge of rules, and set pieces such as corners and free kicks which can be used in other team sports. Works towards utilising these skills to gain an advantage over an opponent. Showing basic and more advanced techniques in games against another team and showing an increased knowledge of pass/shot/tackling selection in different game scenarios. Being able to play multiple positions and be confident in understanding the rules of the game, listening to the umpires and understanding their decisions. Confidence being the goalkeeper and knowing the different skills required for this position.

We will learn:

Types of passing
Ball control
1 v 1, 2 v 1 – getting around a defensive player using skills such as dodging, changing direction, changing speed.
Shooting at goal – aiming for corners, volleying, long and short-range shots
Defending, marking and tackling (block/jockeying)
Knowledge of roles/responsibilities of players in a game
Tactical plays during a game – free kicks, fast breaks, zonal marking
How to work as a team and contribute ideas to a group
How to communicate effectively on the pitch
Understanding of rules and hand signals from referee
Application of rules to a game
Continue to develop referee skills
Offside – understanding of what this means, how to apply to games
9 aside and 11aside games
Goalkeepers skills

We will develop/practise skills including:

Continues development of passing and introduction to volleying. Chance to practise both with dominant and non-dominant foot. Decision making of which one to use during a game depending on opposition or position on the pitch.
Improved accuracy and power in passes
Shooting – short range and longer range. Attacking principles and techniques such as ability to get around a player, 1 v 1, 1 v 2 skills and shooting at goal
Continue to develop the block tackle using the correct technique– highlighting the timing of the tackle. Work on jockeying and introduce in to conditioned drills and games.
How to maintain possession of the ball and avoid being tackled
Continue working on decision making skills, when to pass, when to carry the ball, when to shoot etc
Understand when offside, goal kicks, corners, free kicks, throw ins are and when they are employed during a game
Communicate with team mates to know when players are available to pass to and when to ask for a pass.

Some of the vocabulary that we will use includes:

Ball control
Passing
Offside

You could learn more about this topic by:

Watching football games on YouTube
Watching other members of the class during skill based activities
Trying to be an referee during lessons





Year 9 Football



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Close control
Jockeying
Swerve
Volley
Attacking
Defending
Throw ins

Researching rules of on the internet
Attending extra-curricular club
Joining a team

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Competitive scenarios at the end of lessons to show application of learnt skills into a game

Tasks that involve teamwork and demonstration of a range of skills, so teacher can assess progress over time

Tournament style games at the end of the unit – introduction to 9 and 11 aside

Referee opportunities.



PE – Year 9 Hockey

Learning about this topic is important because: it allows students to embed learnt skills and develop existing skills necessary for different team-based activities. Students will continue to develop teamwork, resilience, collaboration, leadership and communication in this topic.

This builds on:

Year 8 hockey skills learnt. Builds on knowledge of working as part of a team and how to collaborate with others to achieve a common goal. Builds on confidence of skills in isolation and the transfer of these into competitive scenarios and game play.

This leads to: repetition and practise of fundamental skills such as individual ball carrying, passing/receiving, attacking and defending skills, knowledge of rules, and set plays which can be used in other team sports. Works towards utilising these skills to gain an advantage over an opponent. Showing basic and more advanced techniques in games against another team and showing an increased knowledge of pass/shot/tackling selection in different game scenarios. Being able to play multiple positions and be confident in understanding the rules of the game, listening to the umpires and understanding their decisions.

We will learn:

Types of passing
Individual ball carrying
1 v 1, 2 v 1 – getting around a defensive player
Shooting at goal
Defending, marking and tackling (block/jab tackle)
Knowledge of roles/responsibilities of players in a game
Tactical plays during a game – attacking short corners/defending short corners
How to work as a team and contribute ideas to a group
How to communicate effectively on the pitch
Understanding of rules and hand signals from umpire
Application of rules to a game
Continue to develop umpiring skills

We will develop/practise skills including:

Continues development of push, slap, hit passes. Decision making of which one to use during a game depending on the opposition or position on the pitch.
Improved accuracy and power in passes
Attacking principles and techniques such as ability to get around a player, 1 v 1, 1 v 2 skills and shooting at goal
Continue to develop the block tackle using the correct technique– highlighting the timing of the tackle. Introduce the jab tackle
How to maintain possession of the hockey ball and avoid being tackled
Develop decision making skills, when to pass, when to carry the ball, when to shoot etc
How to support the player with the ball
Knowing which positions would take side lines, hit outs, long corners, free hits, short (penalty) corners and understand when they are employed during a game
Communicate with team mates to know when players are available to pass to and when to ask for a pass.

Some of the vocabulary that we will use includes:

Push pass, slap pass, hit pass, open stick, reverse stick, support the player with the ball, tackling and repossessing the ball, maintaining possession, scoring goals, tactics, strategy, long corners, penalty (short) corners, self pass
Rules – free hit, long corner, hit outs, side line hits

You could learn more about this topic by:

Watching hockey games on YouTube
Watching other members of the class during skill based activities
Trying to be an umpire during lessons
Researching rules of on the internet
Attending extra-curricular club
Joining a team



Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:



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Competitive scenarios at the end of lessons to show application of learnt skills into a game
Tasks that involve teamwork and demonstration of a range of skills, so teacher can assess progress over time
Tournament style games at the end of the unit



PE – Year 9 Netball

Learning about this topic is important because: it allows students to embed learnt skills necessary for different team-based activities. Students will continue to develop teamwork, resilience, collaboration, leadership and communication in this topic.

This builds on:

Year 8 netball skills learnt. Builds on knowledge of working as part of a team and how to collaborate with others to achieve a common goal. Builds on confidence of skills in isolation and the transfer of these into competitive scenarios and game play.

This leads to: repetition and practise of fundamental skills such as catching, throwing and jumping which can be used in other team sports. Works towards utilising these skills to gain an advantage over an opponent. Showing more advanced footwork techniques in games against another team and showing an increased knowledge of pass selection to team mates. Being able to play multiple positions and be confident in understanding the rules of the game, listening to the umpires and the restrictions of the court.

We will learn:

Types of passing
Dodging in different areas of the court
Shooting technique
Defending, marking and shadowing
Intercepting
Correct footwork patterns and running footwork
Knowledge of positions on court
Tactical plays during a centre pass or penalty pass
How to work as a team and contribute ideas to a group
How to communicate effectively on court to speed up the play
Understanding of rules and hand signals from umpire
Application of rules to a game
Understanding how to do basic umpiring duties

We will develop/practise skills including:

Chest, bounce, overhead and shoulder pass and which one to use during a game depending on the opposition or position on the court
Dodging techniques such as straight drive, dodge and double dodge
How to shoot correctly using overhead technique – and landing close to the post,
How to pass in and out of the circle effectively to lose your defender and get a better shooting opportunity
Defending a player in different areas of the court, sticking with your player and shadowing their movement to make it more difficult for them to get free
Marking the shooter in the circle during a shot, having a good stretch or jump to try and intercept
Looking for intercepts in other areas of the court, putting pressure on attackers and learning how to 'mark the space'
Knowing which positions would take side lines / back lines in which areas of the court and why this is beneficial to the team
Communicate with team mates to know when players are free and to speed up movement of the ball down the court
Use knowledge of rules to be able to umpire down the side lines during games in lessons

Some of the vocabulary that we will use includes:

Chest, overhead, bounce, dodge, mark, shoot, intercept, change direction, centre pass, side line, back line, footwork, pivot, split landing, held ball, tactics, strategy, umpiring, rules, positions

You could learn more about this topic by:

Watching netball games on YouTube
Watching other members of the class during skill based activities
Trying to be an umpire during lessons
Researching rules of netball on the internet
Attending netball extra-curricular club
Joining a netball team





PE – Year 9 Netball



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Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Competitive scenarios at the end of lessons to show application of learnt skills into a game

Tasks that involve teamwork and demonstration of a range of skills, so teacher can assess progress over time

Tournament style games at the end of the unit



Physical Education -Year 9 Table Tennis



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Learning about this topic is important because: It allows students to embed learnt skills necessary for net games (seen in previous topics such as tennis) and develop their ability to outwit an opponent. Students will have the opportunity to develop teamwork, resilience, collaboration, leadership and communication in this topic.

This builds on: Some pupils may have prior experience playing table tennis. There are similarities of tactics from other net games such as Tennis. Builds on knowledge of working as part of a team and how to collaborate with others to achieve a common goal. Builds on confidence of skills in isolation and the transfer of these into competitive scenarios and game play.

This leads to: repetition and practise of fundamental skills such as hand-eye co-ordination and throwing which can be used in other topics. It works towards utilising these skills to gain an advantage over an opponent. Development of skills to be able to play both singles and doubles and to use a range of different shots to outwit opponent. Develop confidence in understanding the rules of the game and how to umpire games and keep score.

We will learn:

- ✓ How to safely set up the table tennis tables and nets
- ✓ Grip of the bat
- ✓ Serving
- ✓ How to rally in a game of table tennis
- ✓ Backhand push and drive
- ✓ Forehand push and drive, using topspin
- ✓ Singles play
- ✓ Doubles play
- ✓ Tactics
- ✓ How to work as a team and contribute ideas to a group
- ✓ How to communicate effectively

We will develop/practise skills including:

- ✓ Forehand and backhand shots and the different grips required – development of when to use each shot and the tactics needed.
- ✓ Serving – to be able to perform a correct serve in table tennis and the importance of having a good serve. Learn how to perform a high toss serve and the impact that will bring to a game
- ✓ The difference of playing singles and doubles in table tennis
- ✓ Spin and how to use topspin with backhand and forehand shots.
- ✓ Learn how to use disguise in a game to outwit opponents
- ✓ Learn how to play offensive and defensive and when to implement these strategies in to game.
- ✓ Communication when playing doubles
- ✓ Knowledge of rules to be able to umpire a table tennis game.

Some of the vocabulary that we will use includes:

Attack, defence, speed, direction, disguise, spin (backspin, topspin), backswing, accuracy, timing, forward movement, technique, push, drive, angle, block, rally, smash, feed, score, ready position

You could learn more about this topic by:

Watching table tennis games on YouTube
Watching other members of the class during skill-based activities
Trying to be an umpire during lessons
Researching rules of table-tennis on the internet
Attending table-tennis extra-curricular club
Joining a table-tennis team
Watching table-tennis at the Olympics



Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Competitive scenarios at the end of lessons to show application of learnt skills into a game
Tasks that involve teamwork and demonstration of a range of skills, so teacher can assess progress over time
Tournament style games at the end of the unit