



**Why we think this is important for you:**

- To develop lifelong healthy habits
- To be healthy active able movers
- To promote your holistic development (the development of the whole person)
- To understand the rules, tactics and strategies of sports and physical activities

**What are the big ideas and concepts I will cover this year?**

- Why it is important to live a healthy active lifestyle.
- Build upon fundamental movement skills in different sporting situations.
- learn to apply rules fairly across different physical activities.
- Make informed decisions about how to improve their own and others' performances.
- Use decision-making in competitive sports to outwit an opponent



**BADMINTON**



You will begin with learning the core skills such as serving, rallying and clearing.

**RUGBY**



You will begin with core skills such as ball familiarisation, passing and simple evasion techniques. You will be taught how to recognise and utilise space.

**ATHLETICS**



You learn the techniques for different athletics events such as running, throwing, and jumping to achieve personal bests and will be taught the main rules of the different events

**NETBALL**



You will be introduced to the core skills of netball, including passing and catching, footwork, getting free, defending, shooting, positions and centre passes.

**GYMNASTICS**



You learn the fundamental core floor skills and will be able to safely combine skills together to create a routine that can be judged or assessed

**ROUNDERS**



You will be taught the core skills of batting, bowling and fielding through isolated practices and will be introduced to the basic rules of rounders. Simple tactics will be introduced.

**FOOTBALL**



You will develop core skills such as side foot passing, ball control, tackling, dribbling and turning.

**FITNESS**



You will learn how exercise affects the body, including energy balance, and about different types of muscles in the body and how they work in antagonistic pairs.

**DANCE**



You will learn about the characteristics of dance styles using action features, spatial features, relationship features, dynamic features, intention of performance and music.

**OAA**



You will develop your teamwork skills through a variety of teambuilding activities/ challenges and will understand the differences between verbal and non-verbal communication.

**What am I learning about in Physical Education in Year 7?**

**How can I explore this subject and topic more? Local Sports Clubs.** Maypole Football, Moseley Rugby, Wythall Gymnastics Club, Billesley tennis centre, Sparkhill Harriers (Athletics), ACES Netball, Birmingham Rockets (Basketball), Moseley Ashfield Cricket Club.

**Careers links:** PE teacher, Sports Scientist, Sports Therapist, Physiotherapist, Events Management, Sports Coach, Nutritionist, Personal trainer, Sports Media, Sports Management, Outdoor Activity instructor, Sports performance analyst. For more information visit: <https://www.ukssport.gov.uk/jobs-in-sport>



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**BADMINTON**



You will continue to develop core skills and begin linking shots through deliberate shot sequences. You will develop your understanding of strategy and outwitting your opponent.

**RUGBY**



You will continue to develop core skills through conditioned games. Where appropriate, contact rugby will be introduced with new attacking and defensive strategies.

**GYMNASTICS**



You will be taught how to successfully prepare for a vault including the run up, flight and landing. You will be taught the main core vaults (squat through, straddle and gate).

**FITNESS**



Through physical activity, you will learn the following: cardiovascular endurance, muscular endurance, strength and power, flexibility and balance and speed, agility, and reaction time.

**FOOTBALL**



You will continue developing your core skills to improve consistency and accuracy. More focus will be given to conditioned games enhancing decision-making and skill application.

**BASKETBALL**



You will continue develop your core skills to improve consistency and enhance decision making through small sided games. Whilst incorporating advanced rules to increase their knowledge.

**TRAMPOLINING**



You will learn the fundamental skills: straight jumping, stopping, shaped jumps, 1/2 and full twist, seat, front and back landing. You will be taught these in isolation and some students will progress by applying in a routine

**ATHLETICS**



You will continue to develop your understanding and ability to perform the skills needed to achieve your personal best across different track and field events.

**TENNIS**



You will be able to demonstrate & use forehand and backhand shots in a rally. You will develop the ability to outwit opponents with a combination of shots. You will learn what a legal tennis serve is and will begin to replicate this.

**CRICKET**



You will develop core skills of batting stance, simple shot selection, bowling and basic fielding techniques. You will play simpler versions of cricket in small sided games.

**What am I learning about in Physical Education in Year 8?**



**How can I explore this subject and topic more? Local Sports Clubs:** Maypole Football, Moseley Rugby, Wythall Gymnastics Club, Billesley tennis centre, Sparkhill Harriers (Athletics), ACES Netball, Birmingham Rockets (Basketball), Moseley Ashfield Cricket Club.

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TRUTH**

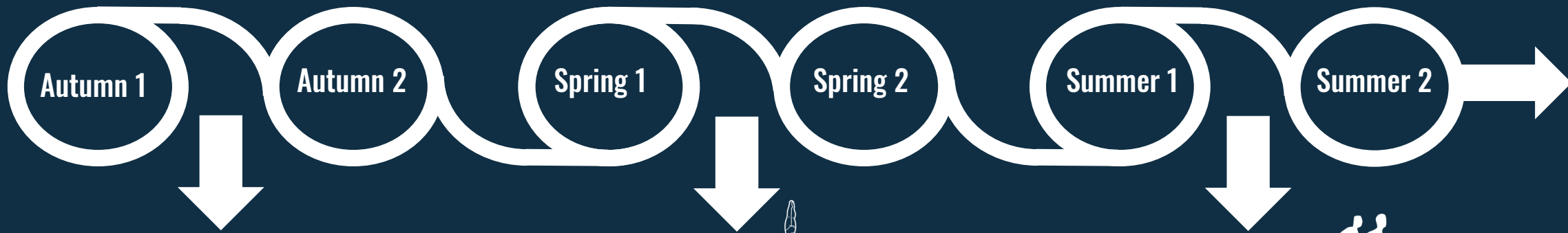


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**BADMINTON**



You will continue to develop core skills and begin linking shots through deliberate shot sequences. You will develop your understanding of strategy and outwitting your opponent in a game situation.

**GYMNASTICS**



You will continue to build upon the core vaults in gymnastics and will start to apply your learning to more advanced vaults such as squat and straddle through long ways and the progressions of a handspring

**ATHLETICS**



In year 9 athletics, students aim to surpass their personal bests from previous years. There's a focus on skill enhancement, with students exploring technique and tactics, like release angles and pacing. They also learn event rules and competition procedures to refine their performance.

**NETBALL**



You will build upon the core skills learnt in previous years to improve your skill level and tactical understanding. The focus will be on more advanced skills such as passing and possession on the move, defending with emphasis on interceptions, creating space, developing shooting technique, set plays, and tactics.

**OAA**



You will build upon your teambuilding skills from year 7 and you will learn how to read, orientate and navigate using a map. This will be applied in an outdoor sporting environment with different orienteering challenges.

**CARDIO TENNIS**



You will explore the connection between cardio tennis and interval training, using heart rate monitors or pedometers to gauge effort levels. Success is measured by heart rate and steps taken, highlighting the importance of an active lifestyle and understanding the body's short-term and long-term responses to exercise.

**FITNESS**



You will explore the impact of health and fitness on the body, considering both short-term effects like breathing rate, heart rate, and muscle fatigue, as well as long-term changes such as body shape, increased muscle strength, improved endurance, cardiovascular health, and heart size.

**BASKETBALL**



You will continue to develop core and advanced skills through conditioned drills and gameplay. More emphasis will be placed on tactics and strategies in game situations such as screening, zonal marking, fast breaks and player positions.

**SOFTBALL/ROUNDERS**



You will learn a greater number of rules and will be given the opportunity to officiate games to demonstrate and apply their understanding. The teaching of tactics will also be key with students encouraged to consider how they can outwit their opponent as both an individual and as part of a team

**TRAMPOLINING**



In trampolining, you'll advance to more complex skills. These include revisiting safety, perfecting straight jumps and stops, executing seat and back landings with half twists, mastering swivel hips, front landings and using linking skills to construct a routine.

**What am I learning about in Physical Education in Year 9?**



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