

P.E. Yr9 Learning Overview

AUTUMN	SPRING	SUMMER
<u>Module</u> Invasion games <u>Focus</u> Basketball/Handball Rules Skills-Passing Shooting, Running Spatial Awareness Tactics Positions Match Play	<u>Module</u> Dodgeball Throwing & Catching Dodging Rules Match Play	<u>Module</u> Racquet & Ball <u>Focus</u> Tennis Forehand Backhand Serve Lob Smash Volley Tactics. Match Play.
<u>Module</u> Invasion games <u>Focus</u> Basketball/ Handball Team work Tactics Skills- dribbling Passing Shooting Match play	<u>Module</u> Health and fitness <u>Focus</u> Circuits Intro to Fartlek training Fat burn.	<u>Module</u> Athletics <u>Focus</u> Running Throwing Jumping Technique Competition Personal Bests