



Holland Park School | *Year 9 Physical Education*



Overview	Students are given the opportunity to build on skills and techniques learnt in Year 7 & 8, There is more opportunity given to develop their knowledge of tactics and gameplay within selected sports.
Assessment	Students are assessed in each sport on Key Performance Indicators (KPIs) including Performance, Tactics, Analysis, Officiating, Inclusion, Role Model and self-reflection, Physical Fitness, Personal Health and the Methods of training. The assessment is ongoing and different KPIs are focused on in different sports.
Key words	Warm up, cool down, defending and attacking, passing and moving, shooting and turning, dribbling and shielding, serving, cardiovascular fitness, muscular strength, muscular endurance, three man weave, zone defence, man marking.
Key dates	

Topics	Key content
Football	Passing and moving, Dribbling and turning, Shooting, Defending, Attacking, Man to man, possession v long ball, Gameplay
Basketball	Passing and moving, Dribbling, Set shot, Reverse lay ups, Man to man v Zone defence, three man weave Gameplay
Netball	Passing and moving, Footwork, Positioning and penalties, Shooting, Creating space, Holding space Defending, Gameplay
Handball	Passing and moving, Dribbling, Shooting, Jump shot, Zone defence, Use of a runner, Use of rush goalie, Gameplay
Fitness	Continuous Training, Fartlek Training, Muscular Endurance, Muscular Strength, Flexibility, Interval Training
Table Tennis	Backhand topspin, Forehand topspin, Serving top and backspin, Doubles play, Umpiring, Gameplay
Athletics	Discus, Javelin, Shot Put, Sprinting, Relay, Pace running
Rounders	Fielding, Bowling, Batting, Running bases, Positions, Gameplay
Badminton	Serving and Overhead clear, Drop shot, Smash, Singles gameplay, Doubles gameplay, Net play, Tactics