





<p>games, officiating. Engage in competitive games and sport.</p> <p><b>Handball:</b> Passing techniques, dribbling, footwork, shooting games, tactics and positions conditioned games, full game.</p> <p><b>Health related fitness:</b> Circuit training, interval training, cardio vascular fitness testing, to develop health related fitness and health awareness.</p> <p><b>Cardiovascular fitness test:</b> 12 min run.</p>	<p><b>Re-visit Year 8</b></p> <p><b>Table Tennis:</b> Grip of bat, Backhand push shot, forehand drive, introduce top spin backhand, variety of serving techniques and rules, conditioned games, full games.</p> <p><b>Re-visit Year 8</b></p> <p><b>Badminton:</b> Backhand low serve, high serve, overhead clear, high serve, drop shot, net shot, smash conditioned games, half court games. Full court games. Introduce doubles tactics and service rotation.</p>	<p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. <b>Engage in competitive games and sport.</b></p>	<p><b>Possession based drills to develop awareness of space and opposition around them. Conditioned games to encourage playing in pressurised situations. Full sided games, officiating. Engage in competitive games and sport.</b></p>	<p><b>Develop technique and improve performance. Forehand drive. Engage in competitive games and sport.</b></p> <p><b>Re-visit HT 2</b></p> <p><b>Badminton:</b> Backhand low serve, high serve, overhead clear to maintain a rally, high serve, drop shot, net shot, conditioned games, half court games. Full court games. Engage in competitive games and sport.</p>	<p><b>Key Concepts</b></p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. <b>Engage in competitive games and sport.</b></p>	<p><b>of positions and tactics and rules, full games. Engage in competitive games and sport.</b></p>	<p><b>Introduce the role of the catcher. Engage in competitive games and sport.</b></p>	<p><b><u>Cross curricular links</u></b></p> <p>Maths, Science, CPSHCE, Food and Nutrition.</p>
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