

# PHYSICAL EDUCATION

**Year 9 Focus - Advanced skill and Outwit opponent/tactical development. Theory Development.**

**Softball, cricket, rounders, basketball, handball**

● **How do I apply tactics in striking and fielding games?**



**Netball, dodgeball and fitness**

● **How do I know if I am working hard?**



**Table Tennis and Badminton**

● **Why do we breathe differently whilst we exercise?**



**Athletics - Track and Field events**

● **How can I improve my performance?**



**Dance, Gymnastics and OAA**

● **What do my joints do?**



**Rugby and football**

● **What happens to our heart rate when we exercise?**



**Baselines - Standards and expectations**

**YEAR 9**