

## PE – Y9 Term 5

### What are we learning this half-term?

This half-term students will be covering Striking & Fielding and Ultimate Frisbee. Within those lessons we will be looking at the following skills:

Striking & Fielding	Ultimate Frisbee
<ul style="list-style-type: none"><li>• Basic Rules</li><li>• Striking</li><li>• Fielding</li><li>• Strategies and Tactics</li></ul>	<ul style="list-style-type: none"><li>• Basic Rules</li><li>• Grips</li><li>• Passing</li><li>• Attacking &amp; Movement</li><li>• Defensive play</li><li>• Strategies/Tactics and formations</li></ul>

Within lessons, students will be building on their skills and knowledge from years 7 and 8. Students will begin to analyse performance and apply strategies and tactics regularly within competitive game situations and understand the importance of decision making.

As we aim to develop our students holistically, we will also be focusing on students' coaching, leadership and teamwork skills. This will be achieved through the opportunities for students to participate, officiate and act as a coach in these sports.



## Resources you can use at home

Striking & Fielding club

Ultimate Frisbee club

BBC Bitesize – Methods of Training - <https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2>

## Optional home learning tasks

Practise skills learned in lessons

BBC Bitesize – Methods of Training - <https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2>

Below are some examples of exam style questions from the theoretical content covered so far:

- Explain why Football Goal Keepers require high levels of Reaction Time (2)
- Define Balance (1)
- State a specific sporting example that requires balance (1)
- Identify the main muscles (antagonist pair) used within a bicep curl (2)
- Describe and give specific examples of the 3 stages of a warmup (6)
- Describe and give specific examples of the 2 stages of a cool down (4)
- Identify the features of Circuit Training (4)
- Using your own choice of training method, explain how you would improve a marathon runners' performance (6)