



PHYSICAL EDUCATION Year 9 Curriculum End Points and Key Vocabulary

	<ul style="list-style-type: none"> • Use a variety of equipment • Variety of passes over varying distances • Different types of catches 	<ul style="list-style-type: none"> • Passing – spin, pop • Tackling – key components • Rucks • Receiving the ball • Scoring a try 	<ul style="list-style-type: none"> • Main components of dance – actions, dynamics, space and relationships • Counts to music/beat • Main components of gymnastics – balance, jump, travel, roll • Advanced skills of football – non-dominant passing/shooting, dribbling, tackling 	<ul style="list-style-type: none"> • Communication Skills – verbal and non-verbal • Planning a session – warm-up, drills/activities, game, cool down • Demonstration of sport skills, games 	<ul style="list-style-type: none"> • Run at varying distances – sprints, middle and long distances • Throw with correct technique – javelin, shot putt, discus • Long Jump/Triple Jump • Tennis- serve, forehand, backhand, volley 	<ul style="list-style-type: none"> • Bowl – straight, spin, drop, slow, fast • Bat – attacking, defensive, straight drive, reverse • Fielding – catching, throwing varying distances, long barrier/ short barrier
Key Vocabulary	<p>Rules Tactics Team Plays Attack Defend Captain</p>	<p>Spin Pop Ruck Maul Tackle Sidestep Feint Off-load Handling skills</p>	<p>Creative Physical Strength Aesthetically Pleasing Adaptation Spectator Choreographer Performer Volley Swerve</p>	<p>Leader Warm-Up Drill Activity Cool Down Plenary Adaptation Progression</p>	<p>Distances Times Start Position Laps Body position Flight Serve Tramlines Let Backhand Forehand Drop Shot Volley</p>	<p>Bowl Wicket Stumps Off side Leg side Slip Bat Fielding Long Barrier High Catch</p>