

PHYSICAL EDUCATION Year 9 Curriculum End Points and Key Vocabulary

[illegible]

	<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	Rules Tactics Team Plays Attack Defend Captain	Spin Pop Ruck Maul Tackle Sidestep Feint Off-load Handling skills	Creative Physical Strength Aesthetically Pleasing Adaptation Spectator Choreographer Performer Volley Swerve	Leader Warm-Up Drill Activity Cool Down Plenary Adaptation Progression	Distances Times Start Position Laps Body position Flight Serve Tramlines Let Backhand Forehand Drop Shot Volley	Bowl Wicket Stumps Off side Leg side Slip Bat Fielding Long Barrier High Catch