

# Knowledge Mat: PE - Year 9

## Key Knowledge

### Term 1 - Invasion Games

- Attack and defend in a recognised full game.
- Develop techniques to keep possession.
- Devise and carry out a range of different tactics and practices.
- Take on a variety of roles.



### Term 2 - Fitness/Net

- Training methods – Interval, resistance training.
- Fitness tests.
- Utilise the width and depth of badminton court.
- Moving opponent round the court.
- Creating space in opponent's court.
- Score a singles game.

### Term 3 - Striking/Fielding/Athletics

- Use refined techniques.
- Demonstrate an awareness of the demands of activities.
- Striking varying direction with stick.
- Bowling –vary height, weight and speed.
- Throwing to where and why.



## Wider Experiences / Try To Do...

- **Take part** in Sports' day
- **Play** for a school team
- **Join** a club
- **Watch** a new sport on TV



## The **big** questions:

- Do You know how to score in recognised games?
- Can you name a Training Method?
- Can you officiate in conditioned games?
- Do you know how to pace yourself in a race?
- Can you recognise a Fosbury Flop?
- Can you throw, catch and hit a ball over 10m?

## Vocabulary

**Word /** *Meaning*

### Tactics –

*A strategy carefully planned to achieve a specific end.*

### Resistance Training –

*Another word for weight training.*

### Refined –

*Make minor changes so as to improve techniques.*

### Officiate –

*Act as an official.*

### Training Method –

*Different ways of training to improve fitness.*

### Fosbury Flop –



*Is a technique used in High Jump.*