

## Year 9 PE

Below are the topic areas covered over this academic year. Please use the resources to help improve and embed the learning you have completed in school.

Autumn Term	
Topic Area	Resources
Football	<a href="#">What is dribbling in football   England Football Learning</a> <a href="#">How to encourage running with the ball in football   England Football Learning</a> <a href="#">Why it's important to work on front foot passing   England Football Learning</a> <a href="#">How using the sole of the foot can benefit players   England Football Learning</a> <a href="#">How to help your players move with the ball   England Football Learning</a>
Netball	<a href="#">Pivoting in netball - Netball - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize</a>  <a href="#">Footwork Rule 9 6 – YouTube</a>  <a href="#">Replayed Ball (youtube.com)</a>  <a href="#">NETBALL SESSION // OUTSIDE ARM INTERCEPTION // SKILL PRACTICE (youtube.com)</a>  <a href="#">Netball Shadowing (youtube.com)</a>  <a href="#">Swifts Skills: Defending the circle edge (youtube.com)</a>  <a href="#">Netball - Attacking Movement - Double Dodge (youtube.com)</a>

Spring Term	
Topic Area	Resources
Table Tennis	<a href="#">Rules and how to play - Table Tennis England</a>  <a href="#">Table tennis forehand serve - Table tennis - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a>

Orienteering	<a href="#"><u>How to take a compass bearing with Steve Backshall and Ordnance Survey</u></a>  <a href="#"><u>Wilderness Navigation Skills- Orientating a Map with a Compass</u></a>  <a href="#"><u>Understanding contour lines with Steve Backshall and Ordnance Survey</u></a>  <a href="#"><u>Orienteering: Precision and Rough Map Reading</u></a>  <a href="#"><u>Essential Mountain Skills: Thumbing the map</u></a>
Volleyball	<a href="#"><u>Volleyball Rules: How To Play Volleyball   Rules of Sport</u></a> <a href="#"><u>Volleyball Tip of the Week #20: How to position the hands on high ball setting. (youtube.com)</u></a>  <a href="#"><u>4 Steps to Master the Underhand Serve   How to Serve a Volleyball for Beginners (youtube.com)</u></a>  <a href="#"><u>How to Improve your Dig feat. Rachael Adams   Olympians' Tips (youtube.com)</u></a>  <a href="#"><u>HOW TO OVERHAND SERVE FOR BEGINNERS! (youtube.com)</u></a>

Summer Term	
Topic Area	Resources
Athletics	<a href="#"><u>Shot put -</u></a> <a href="https://www.youtube.com/watch?v=wM6SAweFLcg"><u>https://www.youtube.com/watch?v=wM6SAweFLcg</u></a> <a href="#"><u>Sprint technique -</u></a> <a href="https://www.youtube.com/watch?v=tKOkYrflrW0"><u>https://www.youtube.com/watch?v=tKOkYrflrW0</u></a> <a href="#"><u>Long jump -</u></a> <a href="https://www.youtube.com/watch?v=WkpPI29jDI4"><u>https://www.youtube.com/watch?v=WkpPI29jDI4</u></a> <a href="#"><u>High Jump -</u></a> <a href="https://www.youtube.com/watch?v=ezWwBYISW"><u>https://www.youtube.com/watch?v=ezWwBYISW</u></a> w <a href="#"><u>Relay -</u></a> <a href="https://www.youtube.com/watch?v=uYgipxoSWAI"><u>https://www.youtube.com/watch?v=uYgipxoSWAI</u></a> <a href="#"><u>and</u></a> <a href="https://www.youtube.com/watch?v=P7l73zl7eNA"><u>https://www.youtube.com/watch?v=P7l73zl7eNA</u></a> <a href="#"><u>Javelin -</u></a> <a href="https://www.youtube.com/watch?v=MS2QJtM1cRE"><u>https://www.youtube.com/watch?v=MS2QJtM1cRE</u></a>

Rounders	<a href="#"><u>Lockdown rounders donkey drop - YouTube</u></a> <a href="#"><u>Batting in Rounders (youtube.com)</u></a> <a href="#"><u>Rounders Batting Skills (youtube.com)</u></a> <a href="#"><u>Rounders bowling technique (youtube.com)</u></a> <a href="#"><u>Specialist Rounders Fielding Skills (youtube.com)</u></a> <a href="#"><u>Communication in action – YouTube</u></a>