

# Year 9 Physical Education Curriculum Overview

Michaelmas Term 1	<p><b>Two term carousel of activities:</b></p> <p>Rugby – scrums, lineout, backs moves</p>
Michaelmas Term 2	<p>Football – Defending as a unit, wide play/finishing from crosses</p>
Epiphany Term 1	<p>Health Related Fitness – methods of training, principles of training</p>
Epiphany Term 2	<p>Basketball - Half court defending, attacking overload</p> <p>Badminton – Serve, overhead clear, underarm clear</p>
Easter Term 1	<p><b>One term carousel of activities</b></p> <p>Athletics – working towards our personal best</p>
Easter Term 2	<p>Cricket – bowling variations – spin/line/length/pace, Fielding – positions/backing up, batting – hook/pulls/cuts</p> <p>Tennis – backhand, serve variation/placement, tactics – defensive/serve and volley</p>

