

Curriculum Area: Year 9 PE

2017/2018

Topics	Year Curriculum	How you can support learning at home, eg. books, websites, family learning through visits
<p>Students will be able to:</p> <ul style="list-style-type: none">• Show imagination when performing more advanced skills with control, accuracy and fluency in a game situation or performance setting.• Understand the roles and responsibilities of officials in a number of different sports.• Employ advanced decision-making skills in a competitive game situation or to create dynamic routines/sequences.• Accurately analyse and evaluate the effectiveness of their own and/or others' team/group performance and implement improvements accordingly.• Confidently undertake leadership and officiating roles showing a good knowledge and application of appropriate rules/laws and effective communication skills.• Interact respectfully with peers of all abilities and backgrounds, encouraging others and supporting them to succeed.• Fully apply themselves in a range of contexts showing resilience to overcome setbacks. They will set themselves ambitious challenges and goals in PE.• Consistently meets the strenuous exercise demands required for specific activities, combining muscular strength, muscular endurance, flexibility and speed to excellent effect.	AP1	

<ul style="list-style-type: none"> • Apply understanding of the principles of safe and effective training to improve their health and performance. • Analyse the importance of a balanced lifestyle for either a selected activity or general psychological well-being. 		
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