

The Altwood School Physical Education Journey Year 9 – Creating A Love For Physical Education

Sportsmanship Excellence

Leadership

Show Your Commitment

How many can you complete?

- Try Your Best In All Lessons
- Bring Your PE Kit To All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent Altwood In One Or More Sporting Fixture



Cricket
Your lessons will look at developing your advanced skills such as the square cut and sweep shots in batting, wicket keeping and decision making, such as what shot to play, positions and roles and batting and fielding.



Tennis
Your lessons will look at developing advanced skills such as ace's, the smash, footwork and speed. You will also take on the role of an umpire.



Rounders
You will be learning about bowling, batting, fielding, positioning and tactical play. You will learn which tactic to select to outwit opposition and how to captain a team. You will also take on the role of an official.



Leadership
You will take on different leadership roles such as an official, organiser and class leader.



Athletics
Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the core and advanced techniques required for each event.

Summer Term



Badminton/Volleyball
Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game. You will develop your skills as an official and improve your co-ordination, power and agility.

OAA
You will be developing your team work and leadership skills as you solve problems in teams and individually. You will learn how to navigate an orienteering course and how to set one up!

Basketball
You will build on your understanding of the game such as zonal marking, set plays and positional play.



Football
Your lessons will be developing your advanced skills such as advanced attackers & defensive strategies, set plays and ball control. You will also be developing your advanced decision making skills on how to outwit the opposition and work as a team

Spring Term

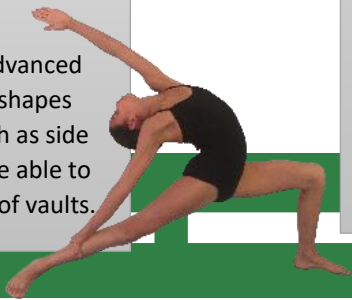


Handball
You will learn developing advanced skills such as the jump pass, offensive and defensive movement and using advanced tactics to outwit your opposition.

HRF
You will learn about different training zones and the impact of fitness on everyday life as well as an elite athlete.



Gymnastics
You will be developing the core and advanced skills for flight. You will improve your shapes such as straddle and your vaulting such as side vault and handsprings. You will also be able to support others through their learning of vaults.



Hockey
You will develop a deeper understanding of the game, whilst developing advanced skills such as reverse stick passing, open passing, side tackles and rules for international play. You will also help lead inter-house competitions!



Badminton/Volleyball
Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game. You will develop your skills as an official and improve your co-ordination, power and agility with advanced strategies.

Autumn Term

Tennis
Your lessons will look at developing advanced skills such as ace's, the smash, footwork and speed. You will also take on the role of an umpire.



Netball
You will be reinforcing core skills of passing, footwork, shooting, positions, attacking and defending. Also advanced skills such as ball handling, rebounds, running passes defence, blocking, shadowing and interceptions.



Fixtures Each Year

Below Are The Fixtures Altwood

Compete In Across The Year

Cricket

Athletics

Basketball

Badminton

Football

Netball

Tennis

Your Physical Education Journey starts here ...