

# YEAR 9 – PE

TERM 2 – taught through

Badminton

Rugby

Outdoor/Adventure activities

Handball

- ATTEMPTING MORE ADVANCED SKILLS AND AGILITIES AND LINKING THEM
- LEADING A TEAM OR PART OF A LESSON
- CONSISTENTLY USING TECHNICAL LANGUAGE AND STRONG NON VERBAL COMMUNICATION
- USING MORE ADVANCED TACTICS AND RULES TO START OFFICIATING
- DEVELOPING MORE CREATIVE ROUTINES
- BONES MUSCLES AND JOINTS
- INTRODUCTION TO SPORTS SCIENCE (MEASURING INTENSITY, RECORDING HEART RATES)
- LONG TERM EFFECTS OF EXERCISE