

YEAR 9— CORE PE



TERM 1	Powerful Knowledge
Netball Basketball Football	<ul style="list-style-type: none">• 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