

Year 9 end points:

Students will:

- Select, apply and refine advanced skills, techniques and tactics in competitive situations: net, striking and fielding, invasion games, athletics.
- analyse decision making in competitive sports, reviewing both opponents' strategies and tactical situations.
- analyse strengths and weaknesses in self and peer performance situations and suggest practices to improve areas of development.
- interpret and apply rules and regulations for a range of sports and describe the roles of different types of officials.
- implement knowledge of body systems to be able to create and lead sports related warm- ups and fitness activities.
- explain the effects of exercise on the cardiovascular system and develop knowledge of muscular systems related to sporting activities.
- explain the benefits of leading a healthy active lifestyle through exercise and diet and identify ways of encouraging lifelong participation in physical activities.
- further enhance skill development through attending extracurricular sessions