

Year 9 Physical Education (PE) – Spring Term 2 – Knowledge Overview

Week Commencing 22.2.21 to 22.03.21						
Lesson focus	Week Commencing	Pupils should be able to:		Wellbeing Focus	Online learning resources	Offline Learning resources
		PE Lesson 1	Lesson 2			
Basketball	22/2/21	Explore ways to catch the ball off the wall investigating how many different ways you can do this. Create a target on the wall or use a hoop if possible and attempt to hit the target, time yourself over a minute to see how many times you can hit the target or get the ball in the hop.	Design a skill practice to improve your shooting. What to consider - technique, height of target, accuracy and stance. Compose a persuasive letter to your local MP on why you think Westborough should have an outdoor basketball court. Calculate the mathematical questions to show your understanding of scoring.	Explore strategies for improving mood.	Check on Microsoft Teams for resources prepared by your PE teacher.	Read through and complete PE lesson 1 & 2 of the work pack.
Dance	1/3/21	Explore and apply knowledge of Bollywood dancing to your own performance. Develop understanding of a Bollywood dance. Explore Indian music to link with your Bollywood dance.	Research cultural role models linked to Bollywood dancing and films. Design a traditional costume used in Bollywood dancing. Develop and apply knowledge of Hindu gods.	Explore strategies for developing a positive body image.	Check on Microsoft Teams for resources prepared by your PE teacher.	Read through and complete PE lesson 1 & 2 of the work pack.
Football (shooting)	8/3/21	Explore and apply different techniques to hit the football while in the air. Analyse your techniques and implement ways to improve them.	Research and show understanding of women's football. Investigate and analyse a footballers diet and nutrition.	Explore strategies for eating healthier.	Check on Microsoft Teams for resources prepared by your PE teacher.	Read through and complete PE lesson 1 & 2 of the work pack.
OAA	15/3/21	Investigate how to make and what makes the best structures. Experiment with your own challenges in life and identify your level of resilience.	Apply your knowledge on structures and create your own, designing your own tower. Research structure across the world.	Explore strategies for eating healthier.	Check on Microsoft Teams for resources prepared by your PE teacher.	Read through and complete PE lesson 1 & 2 of the work pack.
Gymnastics	22/3/21	Research physical conditioning and implement it into your exercises demonstrating your knowledge and understanding. Apply your research to your own balances and create a circuit to show your understanding.	Research and identify key terms relating to balance. Investigate progression through industries and apply them to your previous learnt knowledge showing a good understanding for your main focus gymnastics.	Explore strategies for eating healthier.	Check on Microsoft Teams for resources prepared by your PE teacher.	Read through and complete PE lesson 1 & 2 of the work pack.