



Year 9 – Physical Education (PE) - Summer Term 1 – KNOWLEDGE ORGANISER

Week Commencing 12.4.21 to 24.05.21

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Week Commencing	Pupils should be able to:		Wellbeing Focus	Online learning resources	Offline Learning resources
	PE Lesson 1	Lesson 2			
12/4/21	<p>How is hand-eye coordination used in sport?</p> <p>https://classroom.thenational.academy/lessons/throwing-and-catching-in-sport-6xjk2t</p> <p>In this lesson, we will be using a range of techniques to learn how to throw and catch a ball in sport. We will apply this to striking and fielding games, focusing primarily on cricket and rounders.</p>	<p>- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.</p>	<p>Explore strategies for improving mood</p>	<p>Check on Microsoft Teams for resources prepared by your PE teacher.</p>	<p>Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.</p>
19/4/21	<p>Maximising hand-eye coordination in Sport</p> <p>https://classroom.thenational.academy/lessons/maximising-hand-eye-coordination-in-sport-crwk2d</p> <p>In this lesson, we will continue to develop hand-eye coordination, incorporating other sporting equipment. We will apply this to net games, focusing primarily on tennis.</p>	<p>- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.</p>	<p>Explore strategies for developing body image.</p>	<p>Check on Microsoft Teams for resources prepared by your PE teacher.</p>	<p>Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity..</p>
26/4/21	<p>Moving a sporting implement</p> <p>https://classroom.thenational.academy/lessons/moving-a-sporting-implement-68r68e</p> <p>In this lesson, we will expand on coordination and using sporting equipment to move a ball on the floor. We will apply this to invasion games, focusing primarily on hockey.</p>	<p>- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.</p>	<p>Explore strategies for improving mood</p>	<p>Check on Microsoft Teams for resources prepared by your PE teacher.</p>	<p>Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.</p>
3/5/21	<p>How can sports skills be linked together?</p>	<p>- To trial various accessible physical activities that will</p>	<p>Explore strategies for developing body image.</p>	<p>Check on Microsoft Teams for resources</p>	<p>Some elements of the lessons are practical and will require clothes</p>



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	<p>https://classroom.thenational.academy/lessons/how-can-sports-skills-be-linked-together-65h6cc</p> <p>In this lesson, we will combine a series of isolated skills to produce a movement pattern in sport. We will apply this to invasion games, focusing primarily on basketball.</p>	<p>promote lifelong physical activity for students after their high school careers.</p>		<p>prepared by your PE teacher.</p>	<p>and footwear appropriate for physical activity.</p>
10/5/21	<p>How can we improve our reactions in sports situations?</p> <p>https://classroom.thenational.academy/lessons/how-can-we-improve-our-reactions-in-sports-situations-68wpa</p> <p>In this lesson, we will explore how to gain an advantage when in an attacking and also a defending situation. We will apply this to invasion games, focusing primarily on netball.</p>	<p>- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.</p>	<p>Explore strategies for developing body image.</p>	<p>Check on Microsoft Teams for resources prepared by your PE teacher.</p>	<p>Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.</p>
17/5/21	<p>How can we outwit an opponent in sport?</p> <p>https://classroom.thenational.academy/lessons/how-can-we-outwit-an-opponent-in-sport-64rk8d</p> <p>In this lesson, we will expand on reactions and decision making to coordinate attacking play to overcome an opponent. We will apply this to invasion games, focusing primarily on football.</p>	<p>- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.</p>	<p>Explore strategies for developing body image.</p>	<p>Check on Microsoft Teams for resources prepared by your PE teacher.</p>	<p>Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.</p>
24/5/21	<p>How is foot-eye coordination used in sport?</p> <p>https://classroom.thenational.academy/lessons/how-is-foot-eye-coordination-used-in-sport-cthp</p> <p>In this lesson, we will explore how processing of visual input can guide foot and leg movement to help with kicking a ball in sport. We will apply this to invasion games focusing primarily on football.</p>	<p>- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.</p>	<p>Explore strategies for developing body image.</p>	<p>Check on Microsoft Teams for resources prepared by your PE teacher.</p>	<p>Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.</p>