

SUBJECT: Physical Education

UNIT: Handball



Skills and Tactics

Chest pass:

A short and powerful pass, have your hands in a W shape and push to extend your arms and step forward to give more power.

Shoulder pass:

A long and powerful shot, start with the ball in your strong hand next to your shoulder, extend your arm and follow through with your body.

Bounce pass:

This is a pass which is low to the ground, use the same position as a chest pass but aim in $\frac{3}{4}$ of the way between you and the person you are bouncing to.

Overhead pass:

This is a double handed throw, similar to a football throw in. This is for long distances and to get the ball over someone if they are trying to block.

Dribbling:

Players may dribble the ball as in basketball but are allowed three steps before and after the dribble.

Handball Rules

- 7 players per team with 1 nominated goalkeeper
- Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court.
- No player except the GK is allowed in the goal area (unless both feet are off the floor)
- Perform unlimited dribble with 3 steps before and after dribbling (NO DOUBLE DRIBBLE)

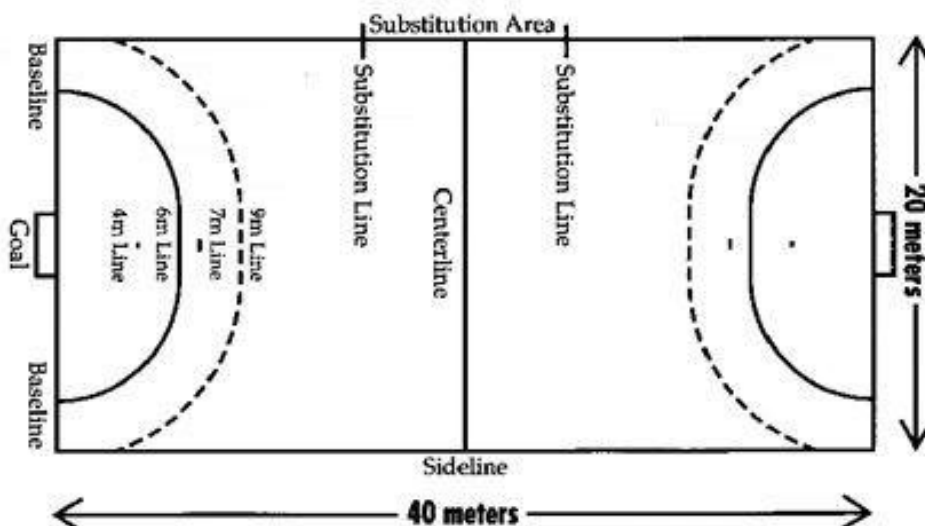
Fouls

- To endanger an opponent with the ball.
- To pull, hit or punch the ball out of the hands of an opponent.
- To go inside the goal area – penalty throw awarded.

Key Words

Bounce
Double dribble
Block
Techniques
Movement

Court



SUBJECT: Year 9 PE

UNIT: Football



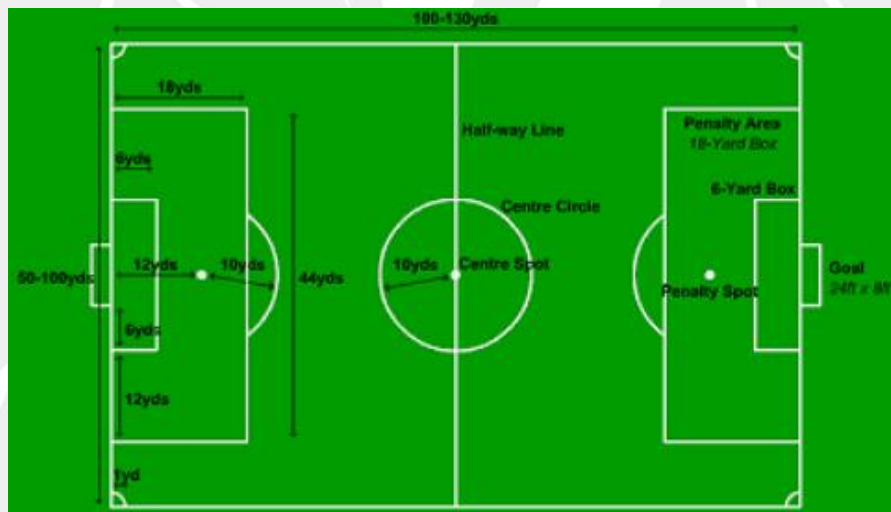
Formations

4-4-2 (4 defenders, 4 midfielders, 2 strikers) – A traditional team set up.

5-4-1 (5 defenders, 4 midfielders, 1 striker) – A defensive set up.

3-5-1-1 (3 defenders, 5 midfielders, 2 strikers) An attacking set up.

Pitch Layout



Counter Attacking: The team withdraws players into their own half whilst ensuring that one or two players are committed to the attack.

Direct Long Ball Football: Often described as 'boring' teams, the long ball style of play is genuine route one football. Rather than spend time on the ball picking the pass, exploiting small gaps in the opposition's defence or utilising the flanks, the long ball is employed as an opportunistic method of attack.

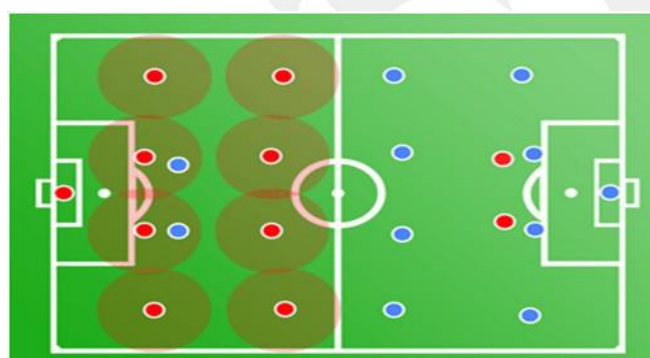
Wide/Wing Play: The ball is played to the wings. By spreading the ball wide you allow a different angle of attack and offer a number of opportunities for the winger; take on the fullback and drag central defenders out of position, cut inside and drive forward at an angle or whip in a cross from deep for the strikers to attack.

Man Marking Defending

Man marking defending is when each player on a team defends one particular player. For example, A CB will stay with the same ST all game.

Zonal Defending

Zonal defending is when each player on a team defends a zone on the pitch. For example, all 4 defenders will defend enough area to cover across the pitch.



SUBJECT: PE

UNIT: Trampolining



Year 9

Skills	Teaching Points
1. The Straddle Jump	<ul style="list-style-type: none"> As you take off, bring your legs apart and extend them out to the sides of you more than 90 degrees and horizontal. Straighten your arms, place them out to sides like legs, and place hands on knees/legs. Keep your upper body and head as still as possible. Ensure your toes are pointed and you are looking forwards.
2. The Tuck Jump	<ul style="list-style-type: none"> As you take off, bring your arms away from your sides and extend them out in front of you and elevate your arms quickly above your head. Keep your upper body and head as still as possible. As you begin to reach the peak of the jump, bring your knees upwards and into the chest. Ensure that both knees are tucked tight into the chest and the shins are vertical with the floor and parallel to your back. Bring the arms down from the extended position and touch the hands just below the front of the knees.
3. The Pike Jump	<ul style="list-style-type: none"> As you take off, keep your legs together and straight and extend them out in front of you. Knees should be straight and both knees and feet together touching. Straighten your arms, extend them out forwards and place hands on knees/legs. Keep your upper body and head as still as possible. Ensure your toes are pointed and you are looking forwards.
4 Seat Drop	<ul style="list-style-type: none"> As you take off, bring your arms away from your sides and extend them out in front of you and elevate your arms quickly above your head. Begin to tilt your pelvis upwards slightly to create a natural leg lift. Keep straight legs and do not purposely lift them up. Keep your upper body and head as still as possible. Maintain position. As you begin to lose height, bring your arms down to make contact with the bed just behind your bottom and extend your feet forwards. Ensure you land with your back close to upright and hands tucked in just behind your bottom with the fingers pointing forwards in the same way as your toes
5. Swivel Hips	<p>Seat drop as before – except your turn in the air (half twist) and complete another seat drop before returning to feet.</p> <p>Best way to learn is to break it up into the following progressions:</p> <ul style="list-style-type: none"> Seat drop to feet, half twist to feet, seat drop to feet. Seat drop into half twist to feet, seat drop to feet. Full swivelhips
6. Front Drop	<ul style="list-style-type: none"> As you take off, bring your arms away from your sides and extend them out in front of you and elevate your arms quickly above your head. Hold this upright position and begin to slightly push your hips backwards as you gain height. Keep your arms up and fingers in a position directly above your toes. Ensure extension of your arms and legs and allow the hip movement to provide the forward rotation. Do not look down and keep your eyes focused towards an end wall. Keep your upper body and head as still as possible. Maintain position. As you begin to lose height, bend your arms down to form a diamond shape with the hands overlapping slightly in front of the face. Your legs should be slightly bent at the knee and the body held in tension for a good landing. At impact, ensure that your hips are in a position to help you land in approximately the same place as your take-off position. <p>Progressions Feet to hands and knees bounce, to front drop, to hands and knees bounce to feet.</p>

Front landing	On impacting on the trampoline landing on the chest, then rebounding back to your feet.
Front landing with rotation <ul style="list-style-type: none"> Front ½ twist to feet ½ twist into Front 	On impacting on the trampoline landing on the chest: <ul style="list-style-type: none"> Turning in the air to land back on the feet. Turning in the air prior to landing on the trampoline
Back landing	On impacting on the trampoline landing on the back, then rebounding back to your feet.
Back landing with rotation <ul style="list-style-type: none"> Back ½ twist to feet ½ twist into Back 	On impacting on the trampoline landing on the back, then <ul style="list-style-type: none"> Turning in the air to land back on the feet. Turning in the air prior to landing on the trampoline

Turn Table	<ul style="list-style-type: none"> Front landing ½ twist to front landing
Cradle	<ul style="list-style-type: none"> Back landing 1/2 twist to back landing
Front Somersault	<ul style="list-style-type: none"> Jump from feet, rotating forwards over your head, landing on your feet again (360 degrees rotation), can be performed tucked, piked, and straight
Back Somersault	<ul style="list-style-type: none"> Jump from feet, rotating backwards over your head, landing on your feet again (360 degrees rotation), can be performed tucked, piked, and straight