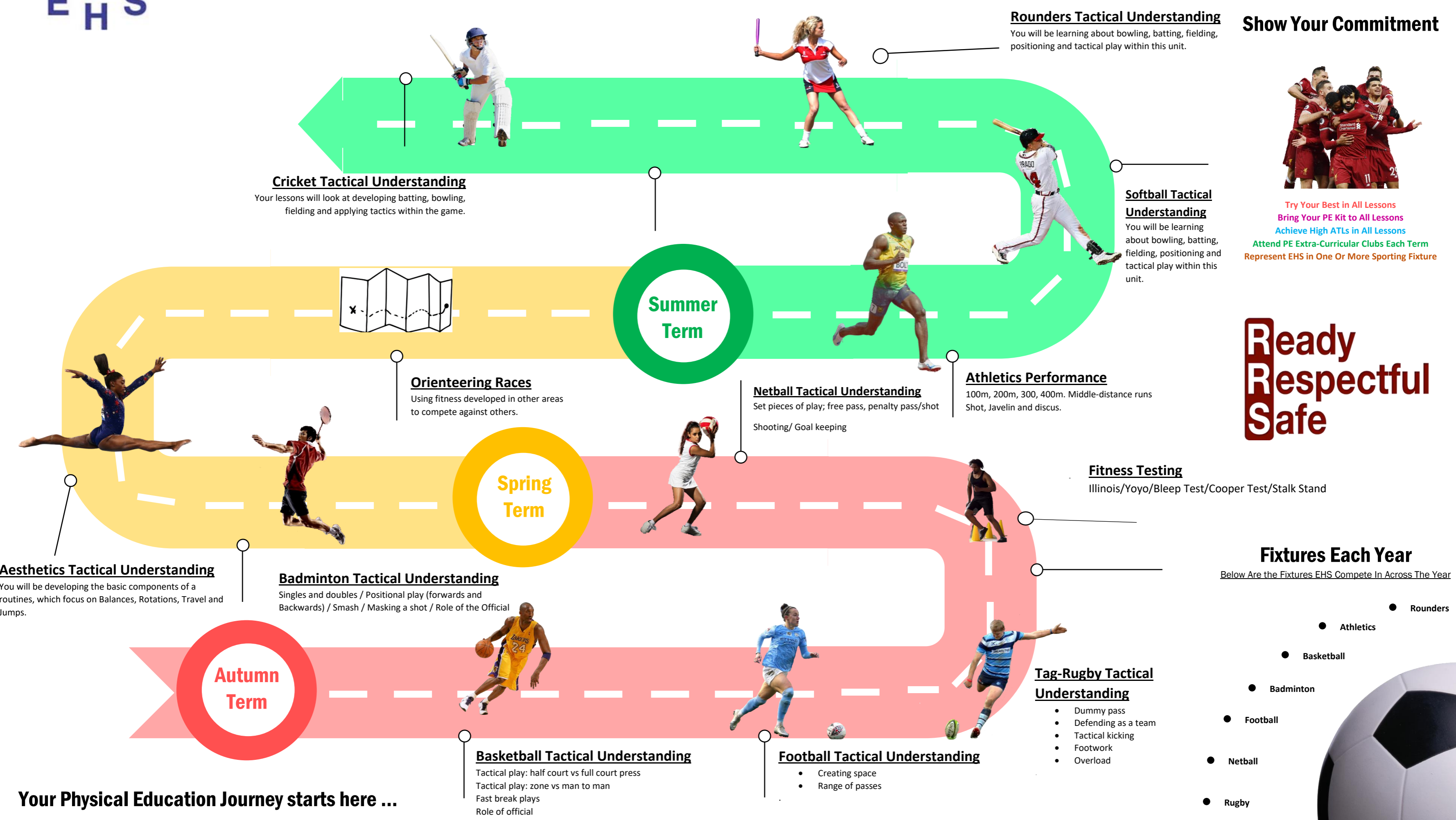




The Elton High School Physical Education Journey

Year 9 – Developing tactical understanding for Physical Education



Cricket Tactical Understanding
Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.

Rounders Tactical Understanding
You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.

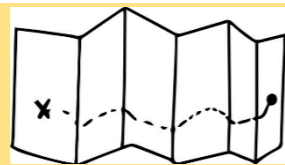
Show Your Commitment



- Try Your Best in All Lessons
- Bring Your PE Kit to All Lessons
- Achieve High ATLs in All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent EHS in One Or More Sporting Fixture

Summer Term

Softball Tactical Understanding
You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.



Orienteering Races
Using fitness developed in other areas to compete against others.

Netball Tactical Understanding
Set pieces of play; free pass, penalty pass/shot
Shooting/ Goal keeping

Athletics Performance
100m, 200m, 300, 400m. Middle-distance runs
Shot, Javelin and discus.

**Ready
Respectful
Safe**

Spring Term

Fitness Testing
Illinois/Yoyo/Bleep Test/Cooper Test/Stalk Stand

Fixtures Each Year
Below Are the Fixtures EHS Compete In Across The Year

- Rounders
- Athletics
- Basketball
- Badminton
- Football
- Netball
- Rugby



Autumn Term

Aesthetics Tactical Understanding
You will be developing the basic components of a routines, which focus on Balances, Rotations, Travel and Jumps.

Badminton Tactical Understanding
Singles and doubles / Positional play (forwards and Backwards) / Smash / Masking a shot / Role of the Official

Basketball Tactical Understanding
Tactical play: half court vs full court press
Tactical play: zone vs man to man
Fast break plays
Role of official

Football Tactical Understanding

- Creating space
- Range of passes

Tag-Rugby Tactical Understanding

- Dummy pass
- Defending as a team
- Tactical kicking
- Footwork
- Overload

Your Physical Education Journey starts here ...