

Key concepts: Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, Power, Speed, Agility, Reaction Time, Balance and Co-ordination

# Physical Education Year 9 Girls

## FLP

What FLP club can I attend?

## Netball/Hockey

What are the key skills used in netball and hockey?

How do I apply the skills in isolation and in a game situation?

## Rugby/HRF

What is the correct technique for passing in rugby? How do I apply it to a game?

Can you identify different HRF techniques and apply them to training?:

## FLP

What FLP club can I attend?

## Trampolining/Badminton

What are the basic movement patterns and skills in Trampolining? Explain the safety considerations when preparing equipment.

Why is confidence important in badminton and trampolining?

## Football/Dance

What skills can I transfer from other sports into football?

How can I develop my football skills during a game situation?

What are the key concepts in dance?

## FLP

What FLP club can I attend?

## Athletics/Rounders

What are the different athletics events I can perform in?

Why is fielding important in Rounders?

## Athletics

How do I improve my time/distance/height in the different events?

What is the correct technique when throwing?

How do I create momentum?

## Basketball

How can I apply a transferable skillset and work on team performances?



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# Physical Education Year 9 Boys

## FLP

What FLP clubs can I do?

## Badminton/Handball

What skills are needed in Badminton and Handball?

Are there any transferrable skills?

Why is confidence important in Badminton?

## Trampolining/Football

What are the basic movement patterns and skills in Trampolining? Explain the safety considerations when preparing equipment.

How can I develop my football skills during a game situation?

## FLP

What FLP clubs can I do?

## Athletics

How do I improve my time/distance/height in the different events?

What is the correct technique when throwing?

How do I create momentum?

## Rugby/Football

What are the key skills used in netball and hockey?

How do I apply the skills in isolation and in a game situation?

## FLP

What FLP clubs can I do?

## HRF/Basketball

Can you identify different HRF techniques and apply them to training?

How can I apply a transferable skillset and work on team performances?

## Athletics/Cricket

What are the different athletics event I can perform in?

Why is fielding important in cricket?

## Hockey/Table Tennis

What are the key concepts and transferable skills from other sports when playing hockey and table tennis?

