

The Mayfield School Physical Education Journey

Year 9 – Excelling in Physical Education – Using Advanced Skills in Game Situations – Applying Tactics in Game Situations - Explaining strengths and weaknesses and giving detailed ways to improve performance



- INTO YEAR 10**
 - In year 10 you will have the option of choosing to study either a GCSE or BTEC in physical education
 - All pupils will still have PE lessons 3 times a fortnight
 - The aim of these lessons will be to encourage lifelong participation in physical activity
 - You will have the opportunity to choose a pathway in which you can participate in the sports you have enjoyed during key stage 3

Leadership
You will develop the skills needed to lead parts or all of a session

Show Your Commitment to BEST



- Be Ready: Bring Your PE Kit To All Lessons**
- Engage: Try your best in all lessons - Attend PE Extra-Curricular Clubs Each Term**
- Show kindness: Show sportsmanship at all times – join the leadership academy**
- Take Responsibility: Represent Mayfield In One Or More Sporting Fixtures**

- Football**
 - pass and receive over short, medium and long distances using my stronger foot with good accuracy and control
 - use a lofted pass and cross the ball with good accuracy and control
 - dribble past an opponent in a game situation whilst keeping the ball under control
 - perform a defensive and attacking header
 - shoot using various techniques with good accuracy and control, including volleys and swerve
 - I can use a variety of defensive skills and tactics
 - control the ball using my chest and thigh



- Badminton**
 - perform an overhead clear shot and get the shuttle to land towards the back of the court
 - perform a net shot that is tight to the net and only travels an inch or two in height
 - perform a smash shot with the correct technique
 - use the correct technique when performing a drop shot and it is deceptive
 - consistently perform a high serve to the back of the court or a low serve to the front of the court
 - start to perform some backhand shots
 - perform a lift/underarm clear shot, to the back of the court
 - win points by using attacking shots that my partner cannot return
 - Be aware of the different skills I should select in



- Dance**
 - copy and confidently demonstrate a sequence of 32 counts with elements of the style shown.
 - create a motif showing a link to the given stimulus using all 5 Basic Body Actions.
 - create and perform a sequence using the basic choreographic devices.
 - demonstrate safe practice when performing with regards to the space and others.
 - demonstrate good musicality using different layers of the music.



Summer Term

- Handball**
 - dribble using more advanced techniques such as increasing the pace to drive past a defender
 - perform fakes using techniques such as dummie and drive
 - perform a jump shot from different angles from outside the D (6m)
 - apply a zone defence along the D by closing the gap with the player standing next to me
 - find the pivot along the D and pass the ball to him
 - apply a basic screen in a conditioned game
 - use some defensive and attacking strategies



- Fitness**
 - complete more complex exercises including body weight resistance exercises
 - work at a high intensity for the duration of the exercise
 - describe the importance of each of the components of fitness to my sport
 - describe and complete all types of training
 - achieve a good score in some tests for the components of fitness.
 - Theory Link: Components of fitness, fitness testing Types of training*

Spring Term

- Netball**
 - catch and throw with my non-dominant hand in practice and a game situation.
 - perform all 3 passes from varying distances and speeds
 - apply advanced shooting techniques in a game situation (moving in, rebound)
 - perform a roll dodge to get free from my opponent in a game situation
 - defend effectively to prevent my opponent from receiving the ball.
 - apply the principle of zone marking in defence
 - turn in the air whilst catching the ball



- Rugby**
 - pass off both hands with accuracy, while moving at pace.
 - use a dummy pass to beat a defender in a 2v1 situation.
 - tackle a moving opponent using a side on tackle from both sides.
 - execute a scissors or loop move in isolation.
 - set up and take part in a ruck in isolation.
 - perform an accurate punt kick in isolation.
 - perform an effective grubber kick in 2v1 situation.



- Gymnastics/ Trampolining**
 - carry out a handstand without support
 - move safely and under control from the springboard onto matting.
 - accurately replicate basic vaults i.e. Ariel shapes off a springboard and the vault. Perform clear and relevant movement content linked to the chosen theme
 - display control when using a trampet to complete more complex moves such as a full twist
 - I can use gymnastic actions and linking moves to create an individual/group sequence
 - Theory Link: axes of rotation and planes of movement*



Autumn Term

- Basketball**
 - use a crossover to drive past a defender
 - use techniques such as fake and drive
 - perform a lay up from both sides
 - perform a jump shot from different angles
 - apply different types of defensive strategies
 - perform an effective rebound and box out
 - apply some attacking strategies such as cutting in and fast breaks
 - use basic screens



- Table Tennis**
 - play a forehand topspin shot
 - play a backhand chop
 - play a forehand smash
 - serve using topspin and backspin
 - direct my forehand and backhand shots in to different areas depending on the position of my opponent
 - select attacking and defensive shots appropriately in different situations
 - start to use sidespin
 - Theory Link: types of feedback*



Fixtures Each Year

Below Are The Fixtures Mayfield Compete In Across The Year

- Cricket
- Athletics
- Basketball
- Badminton
- Football
- Netball
- Handball
- Swimming



Your Physical Education journey continues...