

Y9 Knowledge organiser

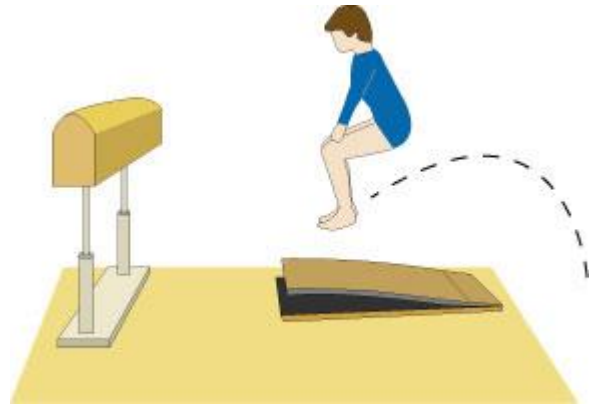
Gymnastics:

Hands

- To perform basic in-flight shapes when vaulting (tuck)
- To perform basic twists whilst in flight (half twist, full twist)
- To perform a safe landing (knees bent, arms out to balance)
- Use 1-2-2 take off and landing sequence

Some:

- To perform complex in-flight shapes (pike, straddle)
- To perform complex vaults (straddle through, through vault)
- To perform complex skills (round off from the vault box)



Head

- Understand what makes a successful vault jump
- Understand the phases of a vault (preparation phase, in flight, landing)

Heart:

- Demonstrate communication and influence on performance when working in a pair/group

Badminton:

Hands

- Serves - low and short, high and deep (forehand and backhand)
- Overhead Clear shot – forehand and backhand; attacking and defending; overhead and underarm
- Drop shot
- Smash shot
- Lift

Some

- Net shot



Head

- Appropriate choice of shot in relation to situation.
- Application of skills/techniques in tactics: movement pressure, deception, serving, attack/defensive formations in doubles
- Appropriate shot selection with length, height, speed and angle

- Considering a range of factors that impact on success such as strengths and weaknesses of opponent
- Adhering to rules, health and safety guidelines

Heart

- Demonstrating communication and influence on team performance in doubles
- Officiating other games

