

Y9 PE Knowledge organiser

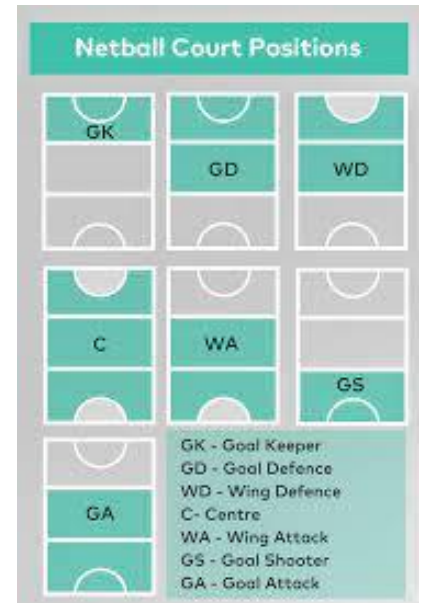
Netball:

Hands

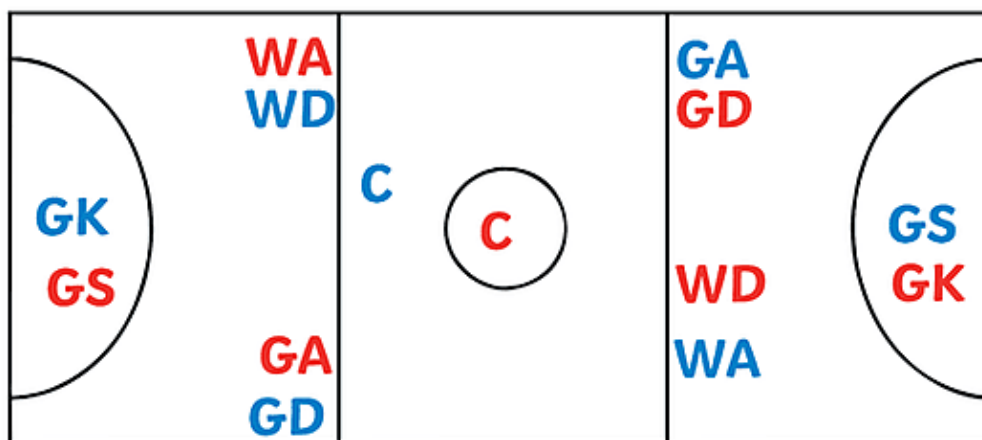
- Passing – chest, shoulder, bounce (timing of the pass)
- Footwork – 2 step landing, 2-foot landing, pivoting, turn in the air, running pass
- Catching – 2 handed, 1 handed, on the move
- Shooting – 1 handed & 2 handed
- Movement around the court – getting free and into space

Head

- Decision making – which pass to use and when
- Adhering to the rules of the game (positions, replay, held ball, traveling, contact)
- Understanding where each position is allowed to go on the court and their role within the game
- Tactical awareness



Heart



 = Blue Team
 = Red Team

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- Demonstrating communication and influence on team performance

Football:

Hands:

- Passing – Short passes, instep
- Movement – on and off the ball, creating space
- Dribbling (running with the ball) – Feints, stepovers, close control, confidence in travelling

- Tackling - Block
- Turning with the ball – Cruyff, drag, outside foot
- Striking the ball – laces, placement

Head:

- Ability to adapt to changes in a competitive situation to dominate opponents
- Tactical awareness

Heart:

- Impact of communication during the game
- Ability to influence the performance and motivation of self and others

