

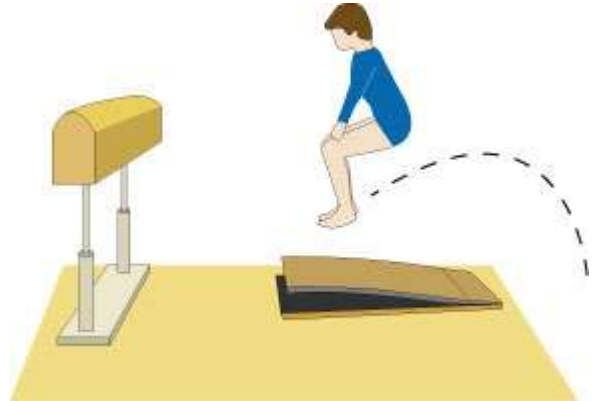
Y9 Knowledge organiser

9ZE/9SM

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

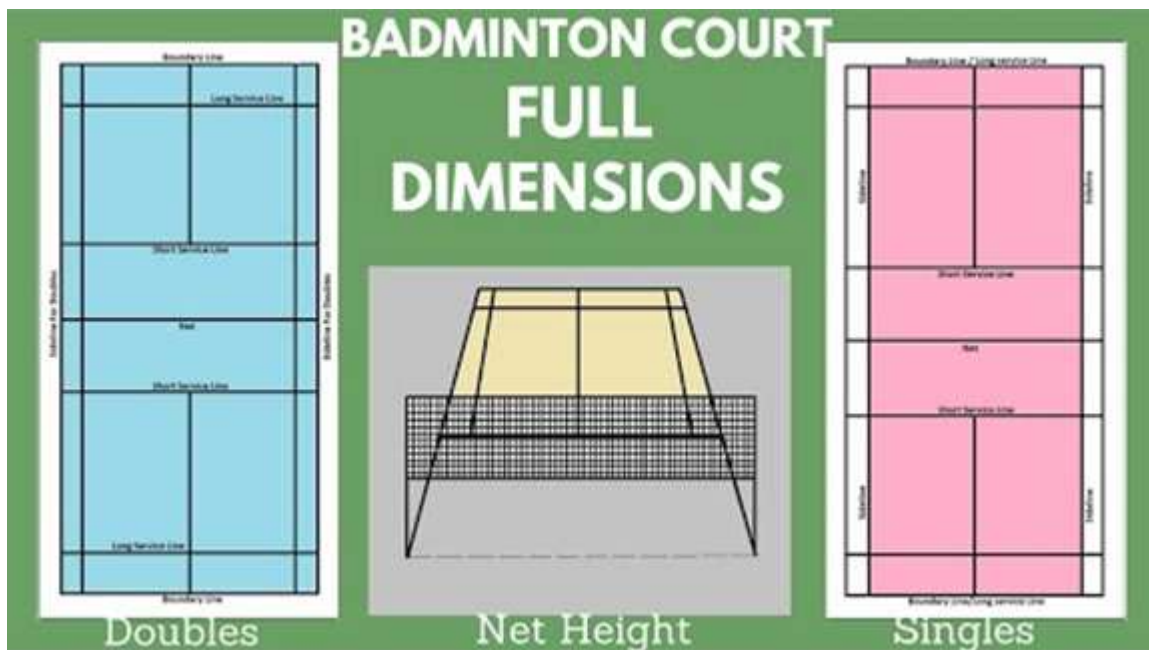
- Appropriate choice of shot in relation to situation.



- 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



9SH

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Heart:

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Tag Rugby:

Hands:

- To be able to perform accurate passing (Lateral, spin)
- To demonstrate catching skills
- To be able to perform backwards passing with accuracy and control
- To be able to run with the ball (Evasion – side step or swerve)

Head:

- Demonstrate decision making skills
- Adhering to rules, health and safety guidelines
- Ability to adapt to the environment
- Contribute top strategy and tactics (building defensive wall/tagging)

Heart:

- Demonstrating communication and influence on team performance
- Ability to influence the performance and motivation of self and others

