



# Year 9 PE Summer Knowledge Organiser

In the summer term, students will learn how to **plan and run** a sport specific drill or activity, demonstrate **good leadership** in a variety of situations, and show **good control** whilst performing skills in a variety of sports.

## Head



### Plan and Run

Students will gain understanding in how to plan and run a sports specific drill, which will lead to performance improvement. It should include:

- Activities that closely replicate that of the main sport.
- Something that allows for skills to be practiced, but also for progression.
- A chance to prepare well for the main sporting event/game.

## Heart



### Leadership

Good leadership skills are something that students can take from PE and use in all walks of life. Signs of a good leader could be:

- Good relationships with others
- Strong communication skills
- The ability to make decisions quickly and efficiently
- Good problem solving skills

Think about ways you could show good leadership both in PE and in other subjects around school.

## Hands



### Show Control

When performing more advanced skills, showing control is more important than ever, to ensure the risk of injury is as minimal as possible.

Students should:

- Know how to perform the skill.
- Know how to move their body and limbs to complete the skill.

Can you think of what control looks like in these particular sports?

Football, Gymnastics, Handball