**TERM: Summer 2017**

**YEAR GROUP: 9**

**SUBJECT: PE and ODE**

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| **TERM TOPIC: Athletics and Striking and Fielding** | |
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| KPI 1 | KPI 1: Athletics - Perform skills with control and greater speed, adapting them to the situation |
| I can throw the equipment showing correct technique in a fluent motion in all throwing events. I understand the mechanics behind the throws and can measure accurately. |
| I am able to measure an effective run up, splitting the run up into acceleration, effective sprinting technique and take off. My jump is executed with excellent control and precision. Landing involved a controlled fall forward to maximise length of jump. |
| I understand how to start a race and can plan a strategy to get to the finish. I show a sound knowledge and understanding of correct running techniques across both short/long distances. |
| KPI 2 | KPI 2: Striking and Fielding - Effectively performs a range of actions, skills and techniques with control, combining them appropriately in both isolation and small group setting. |
| I can direct the ball away from fielders, using different angles and speeds |
| I can start to plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling and fielding. |
| I can Identify what they need to improve in their own performance and suggest ways of how to do this. |
| I Know the importance of particular types of fitness to the game. |
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