

YEAR 9

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

PROGRAMME OF STUDY - TERM 2

VOLLEYBALL

- **Understanding and Demonstrating Basic Skills:** Students will learn to perform key volleyball skills (serve, pass, set, dig, and spike) with proper technique and accuracy during drills and gameplay.
- **Communication:** Students will be taught how to call for the ball clearly and confidently during play and use phrases like "Mine!" or "Yours!" to ensure team coordination.
- **Application of the 3-Touch Rule: (modified)** Students will learn how to work collaboratively to ensure no more than 3-5 touches are used before sending the ball over the net, while avoiding consecutive touches by the same player
- **Learning and Applying Basic Rules of the Game:** Students will learn the basic rules of scoring, rotating positions and how to avoid basic violations

BADMINTON

- **Basic Rules on single's game:** Students will familiarise themselves with basic rules of the game, including scoring and serving rotation.
- **Basic serve techniques:** Students will learn basic serve techniques (forehand low and forehand high serve)
- **Basic grips:** Students will learn and demonstrate proficiency in fundamental grip techniques.
- **Offensive shot:** Students will learn basic offensive shot such as smash.
- **Defensive shot:** Students will learn basic defensive shot such as blocking and lifting.
- **Footwork:** students will engage in basic footwork drills to enhance agility, speed, and court coverage, focusing on more complex movement patterns and directional changes.
- **Basic tactical in single and double:** Creating Openings: Develop the ability to construct points by setting up opportunities to finish rallies with decisive shots, such as smashes or drop shots.

RUGBY

- **Learning the basic skills:** Students will learn how to correctly pass and catch a rugby ball, the basics of kicking and to show the correct body position during these skills.
- **Learning the basic rules:** Students will learn to understand the key rules of rugby such as no forward passes, offside rule, boundary lines and scoring a try.
- **Tackling Safely:** Students will learn to explain and demonstrate the correct tackling technique including approaching from the correct angle, keeping the head to the side, wrapping arms around the carries leg/torso and driving through the tackle safely.
- **Learning Correct Attacking and Defending Positions:** Students will learn how to position themselves correctly during attacking and defending formations, while learning more about special awareness.

ONGOING OBJECTIVES

- **Rules:** Understand and demonstrate a basic knowledge of the game rules.
- **Adaptability:** Equip the team with the ability to adapt to different game situations and opponents.
- **Team Collaboration:** Understand the roles and playing styles of teammates to contribute effectively to team strategies.
- **Tactical Understanding:** Improve decision-making under pressure, considering factors like time on the clock and score.