

# YEAR 9

## PHYSICAL EDUCATION



**SRI KDU**  
International  
School  
SUBANG JAYA

### PROGRAMME OF STUDY - TERM 2

#### NETBALL

- **Basic Rules Understanding:** Understand and demonstrate a basic knowledge of netball rules, including the positions, court zones, and scoring.
- **Movement and Agility:** Develop agility and coordination by practicing footwork techniques, pivoting, and changing direction quickly on the netball court.
- **Passing and Receiving Skills:** Learn and demonstrate fundamental passing and receiving skills, such as the chest pass, bounce pass, and overhead pass, to effectively move the ball among teammates.
- **Defensive Techniques:** Learn and apply basic defensive skills, such as marking an opponent, intercepting passes, and understanding zoning concepts to prevent the opposing team from scoring.
- **Shooting Accuracy:** Develop shooting accuracy by practicing goal shooting techniques, including proper shooting stance, hand positioning, and follow-through.

#### SOFTBALL

- **Game Rules:** Understand the rules of softball, explain the basic rules of the game. demonstrate sportsmanship.
- **Throwing and Catching:** Students should be able to throw and catch a softball with proper technique. Demonstrate correct grip and throwing motion. Catch a thrown ball using both hands and with proper body positioning.
- **Batting:** Develop proper batting skills. Adopt a proper stance. Demonstrate a correct swing technique. Make contact with the ball consistently.
- **Fielding:** Understand and apply basic fielding techniques. Positioning in the field based on the game situation. Ground ball fielding techniques. Fly ball catching techniques.
- **Base Running:** Develop fundamental base running skills. Proper running form. Understanding when to advance or hold on the bases. Sliding techniques.
- **Pitching:** Introduce basic pitching skills. Learn the proper pitching grip and stance. Develop a consistent and accurate pitching motion.

#### SWIMMING

- **Stroke techniques:** Students will learn and develop their skills in the 4 main strokes: Butterfly, Backstroke, Breaststroke and Freestyle
- **Water Safety:** Students will learn the basic skills of water safety
- **Endurance Building:** Students will build their endurance and fitness through swimming and games
- **Waterpolo:** Students will learn the basic rules and skills of waterpolo
- **Relay Races:** Students will showcase their skills in swimming and fun relay races

## 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.