

Physical Education Y9 - TERM 1.1



I Analyse

- Short- and long-term effects of exercise.
- Identify strengths and areas to improve in performance.
- Use feedback to correct mistakes.
- Break down movement and skill execution.



I EVALUATE

- Identify strengths and areas to improve.
- Give specific, helpful feedback.
- Reflect on how preparation affects performance.
- Explain performance using key terms.
- Suggest ways to improve outcomes.



I INTERPRET

- Explain different roles in warm-ups and team leadership.
- Support others with encouragement and feedback.
- Demonstrate respectful relationships in sport.
- Show empathy and awareness when leading or participating.



I PRACTISE

- Refine skills and tactics in challenging situations.
- Commit to drills and practices with resilience.
- Perform consistently under pressure.
- Engage fully in warm-ups and skill-based sessions.

I READ

[GCSE Physical Education - Edexcel - BBC Bitesize](#)

I LEARN

Health Related Fitness Skills

Racket Sports

Aesthetic Sports

Attacking and Defending

Net Sports