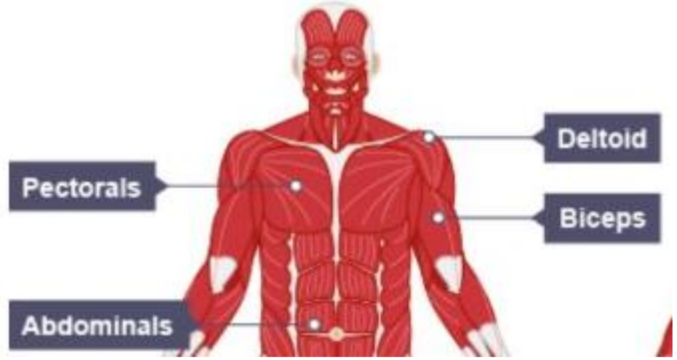
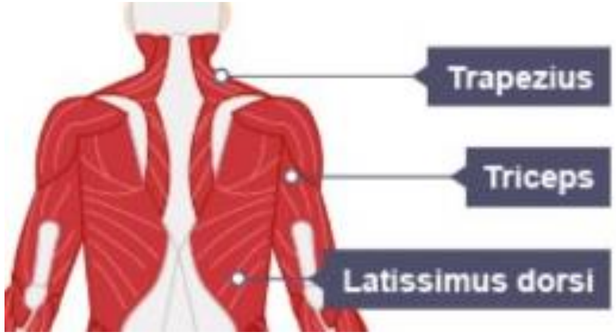
Year 9 Physical Education Cycle 1 Powerful Knowledge 100% sheet

Assessment in PE at DFA	Skills used in assessment at DFA
Heads, Hands and Heart.	
Head (Cognitive Development) • What it Measures: Understanding of tactics, strategies, rules, and decision-making.	**Head** • Game understanding • Tactical awareness • Problem-solving and decision-making
Hands **(**Physical Skills) • What it Measures: The practical, physical execution of skills and techniques.	**Hands** • Skill execution • Coordination Agility and technique
Heart **(**Emotional and Social Skills) • What it Measures: Effort, teamwork, sportsmanship, and attitude during participation.	**Heart** • Teamwork and cooperation • Leadership • Effort, resilience, and attitude
Athletics Events	**Key information about athletics events focused on technique**
Sprinting events: 50m, 100m, 200m, 300m and 400m	1. **Sprint starts Crouched Position**: Start in a crouched stance with one knee on the ground, feet in the starting blocks, and hands placed just behind the starting line. 2. **Weight Forward:** Shift your weight onto your front leg and keep your back leg ready to push off. 3. **Explosive Push Off:** When the starting signal goes, push off powerfully from both legs, driving forward with your arms to accelerate quickly. 4. **Low and Fast Start:** Stay low as you leave the blocks, gradually standing up as you build speed.

	This technique helps you get a fast, powerful start, giving you the best momentum at the beginning of the race.
Distance running events: 800m and 1500m	During a sprint, your arms should move in a straight, forward-and-back motion. Keep your elbows bent at 90 degrees and swing them quickly in time with your legs. Your arms should stay close to your body, not crossing in front of your chest, and help drive your speed forward. This helps maintain balance and speed throughout the sprint.
Running event distances are measured in **meters.**	When running **long distances like the 800m** it is important to find a balance between **speed and endurance**. For example, if you were to run as fast as possible for the first 200m you are likely to experience fatigue and potential not be able to complete the whole race.
Jumping events: Long jump, high jump and triple jump	**400m race:** To give everyone the same distance to run, despite the curved track.
Throwing events: Discus, shot put and Javelin	**Throwing technique shot put:** Push the shot from the neck, using the legs and torso to generate power.
	Throwing technique in Javelin: Hold the javelin by the grip, run smoothly, and release at a 45-degree angle.
Key words and definitions	**Sporting examples**
Hypertrophy - The increase of muscle Volume	**Hypertrophy**: A rugby player engaging in a strength-training program focused on lifting heavy weights experiences hypertrophy in their quadriceps and hamstrings. As these muscles grow, the player can generate more power in their sprints and tackles.
Muscular System – The muscles that make up the human body	**Muscular system** - In swimming, nearly every major muscle group is engaged. The **pectorals** and **deltoids** help pull the arms through the water, while the **latissimus dorsi** aids in powerful strokes. The **quadriceps** and **hamstrings** kick, driving the body forward. The **core muscles** provide

	stabilisation, allowing the swimmer to maintain an efficient position in the water.
Muscles in upper arm with sporting examples	**Muscles in the shoulder and chest with sporting examples**
Bicep – Located at the front of the arm • The biceps are responsible for flexing the arm at the elbow joint. • When preparing to make a chest pass the bicep allows the arm to flex (bend) in preparation of the release of the ball.	**Deltoid** - Located in the shoulder • The **deltoid muscle** (shoulder muscle) is used in movements that involve lifting or raising your arm. • **Example**: In **tennis**, the deltoid muscle helps lift the arm when serving or hitting an overhead shot. Similarly, in **swimming**, it helps raise the arms during strokes like the freestyle or butterfly.
Tricep – Located at the back of the arm • The tricep is involved in extending the arm, such as during a football throw-in. • Explanation: The tricep is activated during movements that involve straightening the arm, such as throwing in football.	**Deltoid** - Located in the shoulder • The **deltoid muscle** (shoulder muscle) is used in movements that involve lifting or raising your arm. • **Example**: In **tennis**, the deltoid muscle helps lift the arm when serving or hitting an overhead shot. Similarly, in **swimming**, it helps raise the arms during strokes like the freestyle or butterfly.
Diagram	**Diagram**