

Department:

Year 9

Timing	Unit Title	Key Question	Knowledge	Assessing Understanding
Autumn		<ul style="list-style-type: none"> ● Can you select and apply an advanced range of passing and receiving skills in hockey in an 11-a-side game? ● Can you select and apply an advanced range of marking and evading skills in Netball in a full sided game? ● Can you perform advanced gymnastic manoeuvres in flight? ● Can you select and apply an advanced range of passing and receiving skills in Tag Rugby in 	<p>Hockey:</p> <ul style="list-style-type: none"> ● Dribbling: open and reverse stick ● Advanced Passing and evasion skills: v-drag, roll out and lifts ● Defensive strategies: block tackles, channel, reverse and jab tackle. ● Passing development: Push, slap hit ● Short Corners ● Shooting ● Understand formations and positions for full sided matches <p>Netball:</p> <ul style="list-style-type: none"> ● Advanced Attacking: sequential passing structures ● Set play development ● Advanced defending: blocking and zone Defence ● Shooting (Split landing & other advanced shooting techniques) ● Centre Pass & back Line pass Set Plays ● Holding Space and other circle attacking strategies ● Umpiring and knowledge of the rules in netball <p>Gymnastics:</p> <ul style="list-style-type: none"> ● Principles of Flight to include: ● Re-cap of advanced Jumps and Leaps through the foundation shapes ● Advanced Flight manoeuvres to include: 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc.

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		<p>a small- sided game?</p>	<ul style="list-style-type: none"> ● Dive Forward Rolls ● Head Springs ● Hand springs ● Vaulting (Straddle Vaults/Tuck and through vault) <p>Tag rugby:</p> <ul style="list-style-type: none"> ● Passing and receiving techniques in Rugby (pop pass) ● Marking and evading skills (side step and dodging) ● Understand the rules of Fair Play in Rugby 	<p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity.
Spring		<ul style="list-style-type: none"> ● Can you select and apply an advanced range of passing and receiving skills in Football in an 11-a- side game? ● Can you perform and choreograph a sequence to a set theme in the style of Street Dance? ● Can you perform advanced strokes within 	<p>Dance:</p> <ul style="list-style-type: none"> ● Learn a set Motif using the theme and style of Grease. ● Wider understanding of Dance movement ● Motif Creation ● Advanced partner lifts ● Develop own choreography <p>Volleyball:</p> <ul style="list-style-type: none"> ● Re-Cap of the advanced passing shots (reverse Set/Volley) ● Serving and return of serve ● Developing set plays in volleyball 6-a-side <p>Basketball:</p> <ul style="list-style-type: none"> ● Dribbling and pivoting 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport

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		<p>competitive match play?</p> <ul style="list-style-type: none"> • Can you perform advanced passing shots as part of advanced attacking strategies to create winning points in volleyball? 	<ul style="list-style-type: none"> • Passing and catching • Attacking strategies • Shooting technique - grip, stance and follow through • Shooting technique - lay up • Knowledge and understanding of the rules of basketball <p>Badminton:</p> <ul style="list-style-type: none"> • Grip, ready position • Serving • Forehand • Backhand • Drop Shot • Tactics • Knowledge and understanding of the rules of badminton 	<ul style="list-style-type: none"> • Awareness of the physical fitness levels required to benefit performance within a sport • Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity.
Summer		<ul style="list-style-type: none"> • Can you perform advanced strokes within a competitive rally? • Can you select and apply an advanced range of skills which are involved with athletic events? 	<p>Athletics:</p> <ul style="list-style-type: none"> • Advanced knowledge of the principles of: • Middle Distance Events (800m) • Sprinting (100m/200m) • Relay • Throwing Events (Discus/Javelin/Shot Putt) • Jumping Events (Long Jump/High Jump/Triple Jump) • Understand the rules and measuring of different athletic events <p>Rounders:</p> <ul style="list-style-type: none"> • Backing up and support play • Increasing Batting Power • Advanced Team Batting Strategies (post loading) • Advanced Fielding Strategies (Rotational fielding) 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: • Acquire & develop core technical physical skills • Select & apply appropriate technical & tactical skills into match play • Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p>

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	<ul style="list-style-type: none"> ● Can you select and apply advanced striking and fielding positions within a full sided game of rounders? ● Can you select and apply advanced striking and fielding positions within a full sided game of cricket? 	<ul style="list-style-type: none"> ● Advanced Formation of Fielders adapting to changing play ● Umpiring and knowledge of the rules ● Understand the rules and scoring of rounders <p>Tennis:</p> <ul style="list-style-type: none"> ● Re-cap and development of Serve and passing shots ● Baseline shots ● Chip and slice ● Advanced strategies for doubles play (Net and Baseline strategies) <p>Cricket:</p> <ul style="list-style-type: none"> ● Advanced Fielding Skills (Target fielding & Distance fielding) ● Overarm throwing ● Bowling ● Different Batting strokes ● Off-Stump fielding ● Applying the roles of fielders within Cricket (Wicket Keeping) ● Understanding of the rules and scoring of cricket. 	<ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity.
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