

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 conditioned games? ● 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? 	<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 and jab tackle. ● Passing development: Push, slap hit ● Understand formations and positions for full sided matches <p>Netball:</p> <ul style="list-style-type: none"> ● Advanced throwing and catching - one handed/ball control ● Footwork - landing on different feet ● Attacking strategies: dodges and sequences of passes ● Advanced defending: marking the ball/the player/the space ● Blocking ● Set Plays ● Umpiring and knowledge of the rules in netball <p>Gymnastics:</p> <ul style="list-style-type: none"> ● Flight using springboards and trampettes ● Development of squat on and straddle on low/medium level equipment ● Development of squat on and straddle on medium/high level equipment ● Development of squat through and straddle over 	<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: <ul style="list-style-type: none"> ○ acquire and develop core technical physical skills ○ select and apply appropriate technical & tactical skills into match play ○ make appropriate decisions in competitive situations regarding application of rules and 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 and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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 and 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.

		<ul style="list-style-type: none"> ● Can you select and apply an advanced range of passing and receiving skills in Tag Rugby in a small- sided game? 	<ul style="list-style-type: none"> ● Weight on hands - cartwheel, handstand turns and handsprings ● Head Springs ● Hand springs <p>Tag rugby:</p> <ul style="list-style-type: none"> ● Ball handling - passing and receiving techniques ● Attacking strategies - line formations, evading a defenders 2v1 and 4v3 ● Defending strategies - tagging and marking a player ● Attacking strategies: passing to a free player/finding a free space ● Conditioned match play 	<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. ● Students are assessed on: <ul style="list-style-type: none"> - performance of skills and techniques in isolation/unopposed situations - application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
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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? 	<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>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge and understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> ○ acquire and develop core technical physical skills ○ select and 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 and teamwork skills in relation to the knowledge & understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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 and 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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	<ul style="list-style-type: none"> ● Can you perform advanced strokes within competitive match play? ● Can you perform advanced passing shots as part of advanced attacking strategies to create winning points in volleyball? 	<p>Volleyball:</p> <ul style="list-style-type: none"> ● Re-Cap of the advanced passing shots (reverse Set/Volley) ● Setting on the move ● Movement and positioning ● Serving and return of serve ● Developing set plays in volleyball 4-a-side <p>Basketball:</p> <ul style="list-style-type: none"> ● Dribbling and pivoting ● Passing and catching ● Attacking strategies ● Shooting technique - grip, stance and follow through ● Shooting technique - lay up ● Movement around the key, pass and shoot ● 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 ● Net shots ● Tactics ● Knowledge and understanding of the rules of badminton 	<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. ● Students are assessed on: <ul style="list-style-type: none"> - performance of skills and techniques in isolation/unopposed situations - application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
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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? ● 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? 	<p>Athletics:</p> <ul style="list-style-type: none"> ● Throwing events - shot put, discus, javelin ● Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump ● Track events - 100m, 200m, 800m, 1500m and relay <p>Rounders:</p> <ul style="list-style-type: none"> ● Batting ● Bowling ● Fielding ● Umpiring and knowledge of the rules ● Understand the rules and scoring of rounders <p>Tennis:</p> <ul style="list-style-type: none"> ● Forehand ● Backhand ● Moving an opponent ● Serve ● Volley and approach ● Developing skills through match play <p>Cricket:</p> <ul style="list-style-type: none"> ● Advanced Fielding Skills (Target fielding & Distance fielding) ● Overarm throwing ● Bowling ● Wicket keeping ● Batting Circuit ● Batting placement ● Understanding of the rules and scoring of cricket. 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge and understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> ○ acquire and develop core technical physical skills ○ select and 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 and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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 and 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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