

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 skills in flight? Can you select and apply an advanced range of passing and receiving skills in football in a small- sided game? 	<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 Weight on hands - cartwheel, handstand turns and handsprings 	<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. <p>Assessment Point Information:</p>

			<ul style="list-style-type: none"> ● Head Springs ● Hand springs <p>Football:</p> <ul style="list-style-type: none"> ● Dribbling and turning development ● Passing development - short and long passes ● Attacking strategies - movement off the ball to receive ● Defending strategies ● Shooting ● Conditioned games and developing match play 	<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 mach/competitive situation
Spring		<ul style="list-style-type: none"> ● Can you perform and choreograph a sequence to a set theme in the style of Street Dance? ● Can you perform advanced strokes within competitive match play? ● Can you perform advanced passing shots as part of advanced attacking 	<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) ● Setting on the move ● Movement and positioning ● Serving and return of serve ● Developing set plays in volleyball 4-a-side 	<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

		<p>strategies to create winning points in volleyball?</p>	<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 	<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. • 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
Summer		<ul style="list-style-type: none"> • Can you perform advanced strokes within a competitive rally? • Can you select and apply an 	<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 and relay <p>Rounders:</p> <ul style="list-style-type: none"> • Batting • Bowling • 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

		<p>advanced range of skills which are involved with athletic events?</p> <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"> • 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. 	<ul style="list-style-type: none"> • 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. <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
--	--	---	---	--

				<ul style="list-style-type: none">- Application of skills, techniques and decision making under pressure during a conditioned mach/competitive situation
--	--	--	--	--