

Year 9

Timing	Key Question	Knowledge	Assessing Understanding
Autumn	- 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	Hockey: - 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 Netball: - 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 Gymnastics: - 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	Knowledge & Understanding: - 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. Skills: - 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. Assessment Point Information:

	small- sided game?	• Head Springs • Hand springs Football: • 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	• 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: - 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	• 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	Dance: • Learn a set Motif using the theme and style of Grease. • Wider understanding of Dance movement • Motif Creation • Advanced partner lifts • Develop own choreography Volleyball: • 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	Knowledge & Understanding: • 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. Skills: • 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

	strategies to create winning points in volleyball?	Basketball: • 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 Badminton: • Grip, ready position • Serving • Forehand • Backhand • Drop Shot • Net shots • Tactics • Knowledge and understanding of the rules of badminton	• 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. Assessment Point Information: • 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: - 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	• Can you perform advanced strokes within a competitive rally?	Athletics: • 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 Tennis:	Knowledge & Understanding: • 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

	• 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 cricket?	• Forehand • Backhand • Moving an opponent • Serve • Volley and approach • Developing skills through match play Cricket: • Advanced Fielding Skills (Target fielding & Distance fielding) • Overarm throwing • Bowling • Wicket keeping • Batting Circuit • Batting placement • Understanding of the rules and scoring of cricket.	• 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. Skills: • 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. Assessment Point Information: • 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: - Performance of skills and techniques in isolation/unopposed situations
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