

Subject: Physical Education

Year: 9

<p><u>Autumn HT 1</u></p> <p>Boys Football (Developing Techniques, Tactics & Strategies)</p> <p>Girls Netball (Developing Techniques & Tactics and Strategies)</p>	<p><u>Autumn HT 2</u></p> <p>Group 1 (Mixed) Basketball (Developing Techniques & Tactics and Strategies)</p> <p>Group 2 (Mixed) Trampolining (Developing Techniques & Analysing Performance)</p> <p>Cross Country & Orienteering (Development of Personal Health, Problem Solving)</p>	<p><u>Spring HT 1</u></p> <p>Group 1 (Mixed) Trampolining (Developing Techniques & Analysing Performance)</p> <p>Group 2 (Mixed) Basketball (Developing Techniques & Tactics and Strategies)</p>	<p><u>Spring HT 2</u></p> <p>Boys Rugby League (Developing Techniques, Tactics & Strategies)</p> <p>Girls Rugby League (Developing Techniques, Tactics & Strategies)</p>	<p><u>Summer HT 1</u></p> <p>Group 1 Athletics (Developing Techniques & Analysing Performance)</p> <p>Group 2 Athletics (Developing Techniques & Analysing Performance)</p>	<p><u>Summer HT 2 –</u></p> <p>Boys/Girls Health for Life (Social, Mental) (Problem Solving, and development of personal Health)</p> <p>Cricket (Mixed) (Tactics & Strategies, Developing Techniques)</p> <p>Rounders (Mixed) (Tactics & Strategies, Developing Techniques)</p>
<p><u>Football</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Ball control under pressure • Attack effectively using short/ long passes • Dribbling- use of both feet • Advanced turns and direction changes • Defending effectively- individual and team • Shooting- direction and Power • Game application <p><u>Netball</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions of full court play) • Advanced footwork 	<p><u>Trampolining</u></p> <ul style="list-style-type: none"> • Health and safety, straight bouncing/ shapes/seat landing • Secure swivel hips • Front landing- confidence and height • Front to seat landing • Secure back landing (half twist out variation) • Create a competitive – 10 bounce routine <p><u>Basketball</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Footwork, square to the basket and triple threat position • Passing around the key to create space • Cutting to the basket • Crossovers 	<p><u>Trampolining</u></p> <ul style="list-style-type: none"> • Health and safety, straight bouncing/ shapes/seat landing • Secure swivel hips • Front landing- confidence and height • Front to seat landing • Secure back landing (half twist out variation) • Create a competitive – 10 bounce routine <p><u>Basketball</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Footwork, square to the basket and triple threat position • Passing around the key to create space • Cutting to the basket • Crossovers 	<p><u>Rugby League</u></p> <ul style="list-style-type: none"> • Game Familiarisation (Tag Rugby) • Attacking effectively- playing the ball from lying position, evasive skills, wedge pass • Use of different tactics on particular attacking phases and pitch locations • Defending effectively- Using a variety of individual tackles in a game, side, front, behind • Game application (Contact Rugby) 	<p><u>Athletics</u></p> <p>Improve outcomes from year 8</p> <ul style="list-style-type: none"> • Sprint start- drive phase (100m) • Sprint start- specific technique 200m • Relay changeovers- tactics • Middle Distances- tactics; bend running/ drafting (400m/800m) • Long Jump- technique and measure run up • Triple Jump- technique and measure run up • Discus- knowledge of rotation footwork 	<p><u>Health for Life (HFL)</u></p> <ul style="list-style-type: none"> • Physical- cooldown after physical activity • Physical- recovery rate • Social skills- apply effective communication skills to work effectively as a team • Mental wellbeing- mindfulness and breathing, application to school/ life • Mental wellbeing- Yoga; breathing, developing more complex asanas- strength • Mental wellbeing- Yoga importance of focus balancing session <p>End of unit test</p> <p><u>Cricket/ Rounders</u></p>

<ul style="list-style-type: none"> • Passing and receiving effectively on the move • Centre pass tactics • Shooter movement in the 'D' • Advanced methods of movement in attack • Defending effectively on and off the ball, interceptions • Shooting advanced footwork • Game application 	<ul style="list-style-type: none"> • Fake and rake- layup • Jump shot • Defending effectively on the move • Game application <p><u>Cross-Country/ Orienteering (2 weeks)</u></p> <p>Cross Country</p> <ul style="list-style-type: none"> • Pacing • Resilience and positive mindset • Cardiovascular endurance, recovery rate <p>Orienteering</p> <ul style="list-style-type: none"> • Course familiarisation (problem solving/ competition) <p>Use of controls to solve literacy/ numeracy challenges (problem solving).</p>	<ul style="list-style-type: none"> • Fake and rake- layup • Jump shot • Defending effectively on the move • Game application 		<ul style="list-style-type: none"> • Shot Put- add shuffle approach • Javelin- add shuffle approach 	<ul style="list-style-type: none"> • Game familiarisation and positions • Fielding- throwing and catching accurately and consistently over distance in a game • Batting- variety of techniques (backhand hit, drive, pull shot) • Bowling- types (spin/ donkey) and game application • Fielding- Retrieval techniques at speed (scoop/flick/ long barrier/ chase and turn) strategies in a game
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