Year 9 Autumn HT 1 Group 1 and 2 (Mixed) Netball (Developing Techniques, Tactics and Strategies) Group 2 (Mixed) Trampolining (Developing Techniques & Analysing Performance) Group 3 (Mixed) Netball or Football (Developing Techniques & Analysing Performance) Group 3 (Mixed) Netball or Football (Developing Techniques & Analysing Performance) Group 3 (Mixed) Netball or Football (Developing Techniques, Tactics & Strategies) Group 2 (Mixed) Trampolining (Developing Techniques & Analysing Performance) Group 3 (Mixed) Netball or Football (Developing Techniques, Tactics & Strategies) Group 2 (Mixed) Basketball (Developing Techniques, Tactics & Strategies) Group 2 (Mixed) Boysing Performance) Group 2 (Mixed) Trampolining (Developing Techniques, Tactics & Strategies) Group 2 (Mixed) Boysing Performance) Group 1 (Mixed) Performance) Group 2 (Mixed)	Subject: Physical Educat	ion				
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(rules, structure, positions) • Ball control under pressure • Attack effectively using short/ long passes • Dribbling- use of both feet • Advanced turns and bouncing/ shapes/seat landing shapes/seat la						
positions) • Ball control under pressure • Attack effectively using short/ long passes • Dribbling- use of both feet • Advanced turns and • Create a competitive – 10 • Ball control under short/ long passes • Front landing shapes/seat landing effectively hips shapes/seat landing effectively playing the ball from lying position, evasive skills, wedge pass to work effectively as a team • Physical- recovery rate • Social skills- apply effective communication skills to work effectively as a team • Ball control under sheep secure swivel hips • Front landing the ball from lying position, evasive skills, wedge pass to work effectively as a team • Mental wellbeing-						
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feet twist out variation) landing • Use of different tactics on particular • Mental wellbeing- • Mental wellbeing- • Batting- variety of tactics on particular techniques						•
• Advanced turns and • Create a competitive – 10 • Secure back tactics on particular • Mental wellbeing- techniques						
TODECHOULD ADDRESS TO TODICE COULDE TRANSPORTED AND TRANSPORTED AND ADDRESS AN	direction changes	bounce routine	landing (half twist	attacking phases and	mindfulness and	(backhand hit, drive,
• Defending effectively- out variation) pitch locations breathing, application pull shot)						
individual and team • Create a • Defending • to school/ life • Bowling- types			,			
• Shooting- direction and competitive – 10 effectively- Using a effectively- Using a (spin/donkey) and						
Power bounce routine variety of individual Yoga; breathing, game application	_					
• Game application Basketball tackles in a game, developing more						J = =
side, front, behind	22 2FF					

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Netball	Basketball	• Game	Game application	complex asanas-	Fielding- Retrieval
Game Familiarisation	Game Familiarisation	Familiarisation	(Contact Rugby)	strength	technique chase and
(rules, structure,	(rules, structure, positions)	(rules, structure,	(Mental wellbeing-	turn
positions of full court	• Footwork, square to the	positions)	N	Yoga importance of	
play)	basket and triple threat	 Footwork, square 		focus balancing	
Advanced footwork	position	to the basket and		session	
 Passing and receiving 	 Passing around the key to 	triple threat position	((End of unit test	
effectively on the move	create space	 Passing around 		7	
Centre pass tactics	Cutting to the basket	the key to create	7-6	Athletics	
Shooter movement in	Crossovers	space	7	Improve outcomes	
the 'D'	 Fake and rake- layup 	 Cutting to the 		from year 8	
 Advanced methods of 	Jump shot	basket		Sprint start- drive	
movement in attack	 Defending effectively on 	Crossovers		phase (100m)	
 Defending effectively 	the move	 Fake and rake- 		Sprint start- specific	
on and off the ball,	Game application	layup		technique 200m	
interceptions		 Jump shot 		 Relay changeovers- 	
 Shooting advanced 	<u>Football</u>	Defending		tactics	
footwork	 Game Familiarisation 	effectively on the		 Middle Distances- 	
 Game application 	(rules, structure, positions)	move	1 4)	tactics; bend running/	
	Ball control under pressure	 Game application 	/ N' /	drafting (400m/800m)	
<u>Trampolining</u>	 Attack effectively using 		CN C	• Long Jump-	
 Health and safety, 	short/ long passes		4	technique and	
straight bouncing/	Dribbling- use of both feet	TATOT		measure run up	
shapes/seat landing	Advanced turns and			Triple Jump-	
Secure swivel hips	direction changes		K	technique and	
• Front landing-	Defending effectively-			measure run up	
confidence and height	individual and team			Discus- knowledge of	
Seat to front landing	Shooting- direction and			rotation footwork	
Secure back landing	Power			Shot Put- add shuffle	
(half twist out variation)	Game application			approach	
Create a competitive –				Javelin- add shuffle	
10 bounce routine				approach	
		4	4	-	
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Netball • Game Familiarisation (rules, structure, positions of full court play) • Advanced footwork • Passing and receiving effectively on the move • Centre pass tactics • Shooter movement in the 1D' • Advanced methods of movement in attack • Defending effectively on and off the ball, interceptions • Shooting advanced footwork • Game application Cross-Country/ Orienteering (2 weeks) Cross Country • Pacing • Resillence and positive mindset • Cardiovascular endurance, recovery rate Orienteering • Course familiarisation (problem solving/ competition) Use of controls to solve literacy/ unweracy challenges (problem solving).						
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