

Subject: Physical Education

Year 9

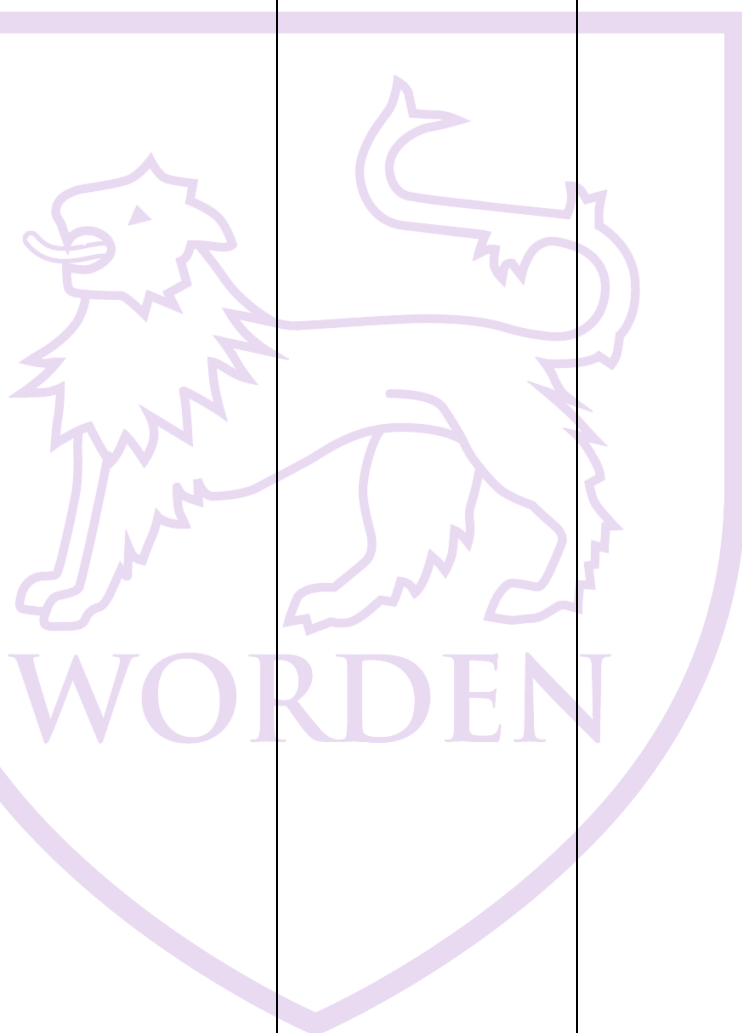
<p>Autumn HT 1</p> <p>Group 1 and 2 (Mixed) Netball or Football (Developing Techniques, Tactics & Strategies)</p> <p>Group 3 (Mixed) Trampoline (Developing Techniques & Analysing Performance)</p>	<p>Autumn HT 2</p> <p>Group 1 (Mixed) Basketball (Developing Techniques & Tactics and Strategies)</p> <p>Group 2 (Mixed) Trampoline (Developing Techniques & Analysing Performance)</p> <p>Group 3 (Mixed) Netball or Football (Developing Techniques, Tactics & Strategies)</p> <p>Cross Country & Orienteering (Development of Personal Health, Problem Solving)</p>	<p>Spring HT 1</p> <p>Group 1 (Mixed) Trampoline (Developing Techniques & Analysing Performance)</p> <p>Group 2/3 (Mixed) Basketball (Developing Techniques & Tactics and Strategies)</p>	<p>Spring HT 2</p> <p>Boys Rugby League (Developing Techniques, Tactics & Strategies)</p> <p>Girls Rugby League (Developing Techniques, Tactics & Strategies)</p> <p>Mixed Rugby League (Developing Techniques, Tactics & Strategies)</p>	<p>Summer HT 1</p> <p>Boys/Girls Health for Life (Social, Mental) (Problem Solving, and development of personal Health)</p> <p>Group 1/2/3 Athletics (Developing Techniques & Analysing Performance)</p>	<p>Summer HT 2</p> <p>Cricket or Rounders (Mixed) (Tactics & Strategies, Developing Techniques)</p>
<p>Football</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>Trampoline</p> <ul style="list-style-type: none"> • Health and safety, straight bouncing/ shapes/seat landing • Secure swivel hips • Front landing- confidence and height • Seat to front landing • Secure back landing (half twist out variation) • Create a competitive – 10 bounce routine 	<p>Trampoline</p> <ul style="list-style-type: none"> • Health and safety, straight bouncing/ shapes/seat landing • Secure swivel hips • Front landing- confidence and height • Seat to front landing • Secure back landing (half twist out variation) • Create a competitive – 10 bounce routine <p>Basketball</p>	<p>Rugby League</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 	<p>Health for Life (HFL)</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 	<p>Cricket/ Rounders</p> <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

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<p><u>Netball</u></p> <ul style="list-style-type: none"> • 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 'D' • Advanced methods of movement in attack • Defending effectively on and off the ball, interceptions • Shooting advanced footwork • Game application <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 • Seat to front 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 • Fake and rake- layup • Jump shot • Defending effectively on the move • Game application <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 	<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 • Fake and rake- layup • Jump shot • Defending effectively on the move • Game application 	<ul style="list-style-type: none"> • Game application (Contact Rugby) 	<p>complex asanas- strength</p> <ul style="list-style-type: none"> • Mental wellbeing- Yoga importance of focus balancing session <p>End of unit test</p> <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 • Shot Put- add shuffle approach • Javelin- add shuffle approach 	<ul style="list-style-type: none"> • Fielding- Retrieval technique chase and turn
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