

'a school to be proud of '

| | Year 9 Boys | | | | | | | | | | | |
|---------------------------------|--|---|--|---|---|---|--|---|--|--|--|--|
| | Half term 1 | Half te | rm 2 | Half term 3 | | Half term 4 | | | | alf term 6 | | |
| Knowledge | RUGBY (1) | BASKETBALL (2) | VOLLEYBALL | HANDBALL | GYMNASTICS | FITNESS | BADMINTON | CRICKET | ATHLETICS | SUMMER | | |
| Skills/application of knowledge | Passing Pop, Hip, Spin, Dive, Switch/scissors Tackling Scrummaging 5v5 Attacking line Defensive line Line - Outs Kicking Place Grubber Box | Passing Shoulder Chest Bounce Javelin Ball Control Catching One handed Two handed Static On the move Footwork Landing Pivot Running pass Shooting Jump Set Lay - Up Defending Player-to- player Defending the pass Denying space Refereeing | Shots – Dig Set Spike Serve - Underarm Blocking – Singular Team | Passing Right & Left hand Short Long Stationary On the move Catching One handed Two handed Static On the move Footwork Running pass Running shot Dribbling Shooting Jump shot Standing shot Defending Blocking Tackling Man to man Zonal Goalkeeping Shot stopping – hands, legs, trunk, putting the ball down, fast attack | Balance - Individual Pairs Group Movement - Roll - Forward Backward Side Log Teddy bear | Continuous training Circuit Training Resistance training Interval training | (7) | Throwing Underarm Overarm Long & Short distance Catching One handed Two handed Bowling Batting Forward defensive Cover drive On side Off side Fielding Long barrier | Jump - Long & Triple Run up Take off Flight Landing Throw - Shot putt, Javelin, Discus Initial stance Grip Preparation Movement Release Recovery glide Track Sprints - 100m, 200m, 300m (girls). Middle Distance - 800m, 1500m Starts Posture Pacing Leg & arm action Stride pattern | SPORTS (10) Softball - Batting Fielding - Throwing and catching Base running Frisbee - Backhand Throw Forearm Throw Tackling Catching Lacrosse - Picking up Passing Cradling Shooting Tackling Blocking | | |
| Links to prior learning | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Pupils build upon the knowledge and skills developed from the introduction of this unit in year 8. | Pupils build upon the knowledge and skills developed from the introduction of this unit in year 8. | Building upon the skills developed in year 8 and applying them into competitive situations | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | | |



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| | | | effectively | | | | | effectively | | |
| assessment | Lesson to lesson | Lesson to | Lesson to | Lesson to | Lesson to | Lesson to lesson | Lesson to | Lesson to | Lesson to lesson | Lesson to |
| | assessment, with | lesson | lesson | lesson | lesson | assessment, | lesson | lesson | assessment, with | lesson |
| | summative assessment | assessment, | assessment, | assessment, | assessment, | with summative | assessment, | assessment, | summative assessment | assessment, |
| | at the end of the unit. | with | with | with | with | assessment at | with | with | at the end of the unit. | with |
| | This will help with the | summative | summative | summative | summative | the end of the | summative | summative | This will help with the | summative |
| | two DC's | assessment at | assessment | assessment | assessment | unit. This will | assessment | assessment | two DC's | assessment at |
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| | | two DC's | with the two | the two DC's | with the two | | with the | with the | | two DC's |
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| | Year 9 Girls | | | | | | | | | | | |
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| | Half term 1 | | Half term 2 | | Half | term 3 | Half term 4 | | Half term 5 Half term 6 | | | |
| Knowledge | NETBALL (1) | BADMINTON (2) | FITNESS (3) | HOCKEY (4) | FOOTBALL (5) | GYMNASTICS (6) | LEADERSHIP (7) | HANDBALL (8) | ATHLETICS (9) | SUMMER SPORTS (10) | | |
| Skills/ application of knowledge | Passing Shoulder Chest Bounce Overhead Ball Control Catching Two handed Static Footwork Landing Pivot Shooting One/Two Handed Defending Player-to- player | Serves Low & short High & Deep Clear Shot Forehand Attacking & defending Underarm | Methods of training Circuit training Aerobics Weight training Continuous training Yoga Pilates | | Passing Short Passes Dribbling Turning with the ball Striking with the ball Shooting | Balance - Individual Pairs Group Movement - Roll - Forward Backward Side Log Teddy bear | Communication Verbal Non verbal Organisation Tasks People equipment Planning Assessing/ Evaluating | Passing Right & Left hand Short Long Stationary On the move Catching One handed Two handed Static On the move Footwork Running pass Running shot Dribbling Shooting Jump shot Standing shot Defending Blocking Tackling Man to man Zonal Goalkeeping Shot stopping – hands, legs, trunk, putting the ball down, fast attack | Jump - Long & Triple Run up Take off Flight Landing Throw - Shot putt, Javelin, Discus Initial stance Grip Preparation Movement Release Recovery Track Sprints - 100m, 200m, 300m (girls). Middle Distance - 800m, 1500m Starts Posture Pacing Leg & arm action Stride pattern | Rounders: Throwing Underarm Overarm Long & Short distance Catching Two handed Bowling Batting Fielding Long barrier | | |
| Links to prior learning | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | Building upon the skills developed in year 8 and applying them into competitive situations more effectively | | |
| assessment | Lesson to lesson | Lesson to lesson | Lesson to lesson | Lesson to lesson | Lesson to lesson | Lesson to lesson | Lesson to lesson assessment, | Lesson to lesson | Lesson to lesson assessment, with | Lesson to lesson assessment, with | | |



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| | assessment, | assessment, | assessment, | assessment, | assessment, | assessment, | with summative | assessment, | summative assessment | summative assessment |
| | with | with | with | with | with | with | assessment at | with | at the end of the unit. | at the end of the unit. |
| | summative | summative | summative | summative | summative | summative | the end of the | summative | This will help with the | This will help with the |
| | assessment | assessment | assessment at | assessment | assessment | assessment at | unit. This will | assessment at | two DC's | two DC's |
| | at the end | at the end | the end of the | at the end | at the end | the end of | help with the | the end of the | | |
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| | This will help | This will help | help with the | This will help | This will help | will help with | | help with the | | |
| | with the two | with the | two DC's | with the two | with the | the two DC's | | two DC's | | |
| | DC's | two DC's | | DC's | two DC's | | | | | |