

Year 9

Timing	Unit Title	Key Question	Knowledge	Assessing Understanding
Autumn		<ul style="list-style-type: none"> Do you know what other types of fitness are available outside of school? Can you select and apply an advanced range of passing and receiving skills in hockey in an 11-a-side game? 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 manoeuvres in flight? 	<p>Hockey:</p> <ul style="list-style-type: none"> 11-A side Game play Short & Long Corners Advanced passing and receiving techniques (chip and lift/ 1-2s) Support play Advanced shooting (Hit/ Drag Flick/ Slap Hits and Deflections) Understand formations and positions for full sided matches <p>Netball:</p> <ul style="list-style-type: none"> Blocking Zone Defence Shooting (Split landing & other advanced shooting techniques) Vertical and horizontal Banding as an attacking strategy Centre Pass & back Line pass Set Plays Holding Space and other circle attacking strategies Umpiring and knowledge of the rules in netball <p>Gymnastics:</p> <ul style="list-style-type: none"> Principles of Flight to include: Re-cap of advanced Jumps and Leaps through the foundation shapes Advanced Flight manoeuvres to include: Dive Forward Rolls Head Springs Hand springs Vaulting (Straddle Vaults/Tuck and through vault) 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> 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. <p>Skills:</p> <ul style="list-style-type: none"> 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. <p>Assessment Point Information:</p>

			<p>Tag rugby:</p> <ul style="list-style-type: none"> • Passing and receiving techniques in Rugby (pop pass) • Marking and evading skills (side step and dodging) • Understand the rules of Fair Play in Rugby 	<ul style="list-style-type: none"> • For AP1 students will receive one amalgamated grade. The AP1 grade will be an average mark out of 20 for their development of knowledge & understanding across the subject areas. In Year 9 students can access the full range of marks up to 20 based on the individual sporting assessment criteria which is shared with students throughout the unit of work.
Spring	<ul style="list-style-type: none"> • Can you select and apply an advanced range of passing and receiving skills in Tag Rugby in a small- sided game? • Can you select and apply an advanced range of passing and receiving skills in Football in an 11-a- side game? • Can you perform and choreograph a sequence to a set theme in the style of Street Dance? • Can you perform advanced strokes within 	<p>Football:</p> <ul style="list-style-type: none"> • Goalkeeping Skills • Advanced Passing and receiving (Turns) • Shadowing and advanced tackling • Formations and positions for a 11-a-side game. • Refereeing matches with confidence. <p>Dance:</p> <ul style="list-style-type: none"> • Learn a set Motif using the theme and style of Street Dance: • Wider understanding of Dance movement • Motif Creation • Advanced partner lifts • Develop own choreography <p>Table Tennis:</p> <ul style="list-style-type: none"> • Re-Cap of advanced passing shots (slice/Top Spin) • Block returns • Defensive play • Movement off the table (playing shots from close and far off the table) • Advanced doubles strategies <p>Volleyball:</p> <ul style="list-style-type: none"> • Re-Cap of the advanced passing shots (reverse Set/Volley) • Movement formations in 6 a-side • Net Blocking • Developing set plays in volleyball 6-a-side 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • 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. <p>Skills:</p> <ul style="list-style-type: none"> • 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 	

	<p>competitive match play?</p> <ul style="list-style-type: none"> • Can you perform advanced passing shots as part of advanced attacking strategies to create winning points in volleyball? 	<ul style="list-style-type: none"> • Advanced Spike and deceptive shot play • Formations and rotations for 6-a-side Volleyball (libero) <p>Rugby</p> <ul style="list-style-type: none"> • Passing • Attacking principles • Defending principles • Application of skills in small sided games 	<ul style="list-style-type: none"> • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • For AP2 students will receive one amalgamated grade which includes data from AP1. The AP2 grade will be an average mark out of 20 for their development of knowledge & understanding across the subject areas they have studied fully up to the assessment point. In Year 9 students can access the full range of marks up to 20 based on the individual sporting assessment criteria which is shared with students throughout the unit of work.
Summer	<ul style="list-style-type: none"> • Can you perform advanced strokes within a competitive rally? • Can you select and apply an advanced range of skills which are involved 	<p>Athletics:</p> <ul style="list-style-type: none"> • Advanced knowledge of the principles of: • Middle Distance Events (800m) • Sprinting (100m/200m) • Relay • Throwing Events (Discus/Javelin/Shot Putt) • Jumping Events (Long Jump/High Jump/Triple Jump) • Understand the rules and measuring of different athletic events <p>Rounders:</p> <ul style="list-style-type: none"> • Backing up and support play 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • 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.

	<p>with athletic events?</p> <ul style="list-style-type: none"> • Can you select and apply advanced striking and fielding positions within a full sided game of rounders? • Can you select and apply advanced striking and fielding positions within a full sided game of cricket? 	<ul style="list-style-type: none"> • Increasing Batting Power • Advanced Team Batting Strategies (post loading) • Advanced Fielding Strategies (Rotational fielding) • Advanced Formation of Fielders adapting to changing play • Umpiring and knowledge of the rules • Understand the rules and scoring of rounders <p>Tennis:</p> <ul style="list-style-type: none"> • Re-cap and development of Serve and passing shots • Baseline shots • Chip and slice • Advanced strategies for doubles play (Net and Baseline strategies) <p>Cricket:</p> <ul style="list-style-type: none"> • Advanced Fielding Skills (Target fielding & Distance fielding) • Overarm throwing • Bowling • Different Batting strokes • Off-Stump fielding • Applying the roles of fielders within Cricket (Wicket Keeping) • Understanding of the rules and scoring of cricket. 	<p>Skills:</p> <ul style="list-style-type: none"> • 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. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • For AP3 students will receive one amalgamated grade which includes data from AP1 and AP2. The AP3 grade will be an average mark out of 20 for their development of knowledge & understanding across the subject areas they have studied fully up to the assessment point. In Year 9 students can access the full range of marks up to 20 based on the individual sporting assessment criteria which is shared with students throughout the unit of work.
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