

Subject:  <b>Physical Education</b>  <b>Year 9</b>	<b><u>Autumn HT 1</u></b>  <b>Boys Football</b> (Developing Techniques, Tactics & Strategies)  <b>Girls Netball</b> (Developing Techniques & Tactics and Strategies)	<b><u>Autumn HT 2</u></b>  <b>Group 1 (Mixed) Basketball</b> (Developing Techniques & Tactics and Strategies)  <b>Group 2 (Mixed) Trampolineing</b> (Developing Techniques & Analysing Performance)  <b>Cross Country &amp; Orienteering</b> (Development of Personal Health, Problem Solving)	<b><u>Spring HT 1</u></b>  <b>Group 1 (Mixed) Trampolineing</b> (Developing Techniques & Analysing Performance)  <b>Group 2 (Mixed) Basketball</b> (Developing Techniques & Tactics and Strategies)	<b><u>Spring HT 2</u></b>  <b>Boys Rugby League</b> (Developing Techniques, Tactics & Strategies)  <b>Girls Rugby League</b> (Developing Techniques, Tactics & Strategies)	<b><u>Summer HT 1</u></b>  <b>Group 1 Athletics</b> (Developing Techniques & Analysing Performance)  <b>Group 2 Athletics</b> (Developing Techniques & Analysing Performance)	<b><u>Summer HT 2 –</u></b>  <b>Boys/Girls Health for Life (Social, Mental)</b> (Problem Solving, and development of personal Health)  <b>Cricket (Mixed)</b> (Tactics & Strategies, Developing Techniques)  <b>Rounders (Mixed)</b> (Tactics & Strategies, Developing Techniques)
	<b><u>Football</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions)</li><li>Ball control under pressure</li><li>Attack effectively using short/ long passes</li><li>Dribbling- use of both feet</li><li>Advanced turns and direction changes</li><li>Defending effectively- individual and team</li><li>Shooting- direction and Power</li><li>Game application</li></ul> <b><u>Netball</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions of full court play)</li><li>Advanced footwork</li><li>Passing effectively to maintain possession</li><li>Advanced methods of movement in attack</li><li>Defending effectively on and off the ball (techniques and strategies)</li><li>Shooting and game application</li></ul>	<b><u>Trampolineing</u></b> <ul style="list-style-type: none"><li>Health and safety, straight bouncing/ stopping and shapes</li><li>Swivel hips</li><li>Front landing- confidence and height</li><li>Front to seat</li><li>Back landing (half twist out variation)</li><li>Routines – 10 bounce routine</li></ul> <b><u>Basketball</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions)</li><li>Footwork, square to the basket and triple threat position</li><li>Passing around the key to create space</li><li>Cutting to the basket</li><li>Crossovers</li><li>Fake and rake- layup</li><li>Jump shot</li><li>Defending effectively on the move</li><li>Game application</li></ul> <b><u>Cross-Country/ Orienteering (2 weeks)</u></b> <b>Cross Country</b> <ul style="list-style-type: none"><li>Pacing</li></ul>	<b><u>Trampolineing</u></b> <ul style="list-style-type: none"><li>Health and safety, straight bouncing/ stopping and shapes</li><li>Swivel hips</li><li>Front landing- confidence and height</li><li>Front to seat</li><li>Back landing (half twist out variation)</li><li>Routines – 10 bounce routine</li></ul> <b><u>Basketball</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (rules, structure, positions)</li><li>Footwork, square to the basket and triple threat position</li><li>Passing around the key to create space</li><li>Cutting to the basket</li><li>Crossovers</li><li>Fake and rake- layup</li><li>Jump shot</li><li>Defending effectively on the move</li><li>Game application</li></ul>	<b><u>Rugby League</u></b> <ul style="list-style-type: none"><li>Game Familiarisation (Tag Rugby)</li><li>Attacking effectively- playing the ball from lying position, evasive skills, wedge pass</li><li>Use of different tactics on particular attacking phases and pitch locations</li><li>Defending effectively- Using a variety of individual tackles in a game, side, front, behind</li><li>Game application (Contact Rugby)</li></ul>	<b><u>Athletics (Girls)</u></b> <p>Technique work to improve outcomes from year 8</p> <ul style="list-style-type: none"><li>Sprinting technique/ sprint starts</li><li>Relay changeovers, tactics</li><li>Middle Distances- pace adaptation and tactics</li><li>Long Jump</li><li>Triple Jump</li><li>Shot Put</li><li>Discus</li><li>Javelin</li></ul> <b><u>Athletics (Girls)</u></b> <p>Technique work to improve outcomes from year 8</p> <ul style="list-style-type: none"><li>Sprinting technique/ sprint starts</li><li>Relay changeovers, tactics</li><li>Middle Distances- pace adaptation and tactics</li><li>Long Jump</li><li>Triple Jump</li><li>Shot Put</li><li>Discus</li></ul>	<b><u>Health for Life (HFL)</u></b> <ul style="list-style-type: none"><li>Leading a healthy active lifestyle</li><li>Health- Social skills; cooperation and teamwork</li><li>Mental wellbeing- mindfulness and breathing</li><li>Yoga; breathing, developing more complex asanas and sun salutations</li></ul> <b><u>Cricket/ Rounders</u></b> <ul style="list-style-type: none"><li>Game familiarisation</li><li>Fielding- throwing and catching accurately over distance</li><li>Retrieval techniques at speed, strategies in a game</li><li>Bowling, types and game application</li><li>Batting, variety of techniques (backhand hit, drive, pull shot)</li><li>Game application</li></ul>

		<ul style="list-style-type: none"><li>• Resilience and positive mindset</li><li>• Cardiovascular endurance, recovery rate</li></ul> <p><b>Orienteering</b></p> <ul style="list-style-type: none"><li>• Course familiarisation (problem solving/ competition)</li></ul> <p>Use of controls to solve literacy/ numeracy challenges (problem solving).</p>			<ul style="list-style-type: none"><li>• Javelin</li></ul>	
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