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| **Subject: Physical Education** |
| **Year: 9**  |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/Content/A can of a product  Description automatically generated with medium confidenceUnits covered | **Volleyball** To understand the rules and rotation of volleyball gamesA purple and green masks with a sad face  Description automatically generatedTo effectively perform set and dig shots in game situationsA cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able to describe how to perform a spike shotTo develop the timing to perform an accurate block shotA cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo be able to implement footwork and court positioning.To develop accuracy in playing the ball from the back court play.A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able to communicate to create strategies to gain an advantage in a gameA rainbow colored heart with arrows  Description automatically generated | **Handball**To effectively use the dribble with non-dominate hand.A cartoon rocket ship with red and blue stripes  Description automatically generatedUnderstand how to position your body for catching the ballfrontal, sideways and backwardsUse a repertoire of shooting techniques.A cartoon rocket ship with red and blue stripes  Description automatically generatedDevelopment of zonal defence and defensive line strategies.To evaluate the use of varied offensive strategies in a competitive situationA cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo be able to self-assess performance.A rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generated | **Gymnastics** Understand how to take off and land safelyTo be able to describe health and safety of the equipment and the performer.To analyse other performance and provide feedback on how to improve skillsA rainbow colored heart with arrows  Description automatically generatedA cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo understand how to perform squat vault on various equipmentTo develop speed and power to assist with effective squat through vaultsA cartoon rocket ship with red and blue stripes  Description automatically generatedTo support other performers on the equipmentA rainbow colored heart with arrows  Description automatically generatedUnderstand the phases of a handspring To be able to self-assessment performance and create an action plan of how to improveA purple and green masks with a sad face  Description automatically generated | **Rugby**To pass with both hands in either direction and to develop spin on the ball. A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able to kick and receive a kick without knocking on. A cartoon rocket ship with red and blue stripes  Description automatically generatedTo evaluate when kicking is necessary in a game.A purple and green masks with a sad face  Description automatically generatedApplying jackalling and counter-rucking to existing knowledge of ruckingTo beat opponents through feint, swerve, dummying, switching, other set plays.A cartoon rocket ship with red and blue stripes  Description automatically generated | **Athletics**To develop effective body posture for sprinting in 100m and 200mA cartoon rocket ship with red and blue stripes  Description automatically generatedTo understand how to use arm, leg and head actions to support effective sprinting in 100m and 200mTo understand and develop technique for the discus. A cartoon rocket ship with red and blue stripes  Description automatically generatedContinuing to develop analysingdevelop head, arm and leg action and sprint starts in 100m and 200mA cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedA rainbow colored heart with arrows  Description automatically generatedDevelop grip and preparation, release phase, throwing actions and recovery phase in discus.A cartoon rocket ship with red and blue stripes  Description automatically generatedUnderstand how to optimise each phase of the triple jump to create power.A purple and green masks with a sad face  Description automatically generatedDevelop use of arms and legs during take off phase in triple jump.A cartoon rocket ship with red and blue stripes  Description automatically generated | **Strike and Field** Evaluate choices in batting stance.Development of directing the ball in the field in relation to opposition A cartoon rocket ship with red and blue stripes  Description automatically generatedTo apply techniques to introduce spin and variation of speeds and heights in bowling.A cartoon rocket ship with red and blue stripes  Description automatically generatedTo evaluate bowling techniques in a competitive situationA purple and green masks with a sad face  Description automatically generatedA rainbow colored heart with arrows  Description automatically generatedImplement stopping the ball using long barrier. To recap on underarm and overarm throwing and catching, then developing effectively into a game situation  |

