

Year 9	Intent
	<ul style="list-style-type: none"> • To deliver lessons that cover a variety for sports to cater for all student interests. • Lessons delivered at different times of the year based on seasonal factors/ weather/space/staffing. • The priority is to keep students active and engaged. • Opportunities for leadership during warm-up and game related activities (strategies/tactics) • To extend and develop many of the same skills learned in Y7 & 8 • To recap the names of major muscles and bones. To apply the different phases of warm-ups to lessons and be aware of why we warm-up. Recap movements available at joints (covered in Y7 & 8) • To be aware of the language we are using and start referring to different health and skill related components of fitness, applying this terminology to situations within skills and game play
Sept- Oct	Overview
	<ul style="list-style-type: none"> • Students will cover the curriculum map below to cover the following 4 sporting activities in this half term: Girls – Fitness & Handball Boys – Handball & Table tennis • Students are split into set 1 & 2 based on overall ability (we believe this gives further opportunities for all students to experience success, gain confidence and be stretched and challenged) • Not all groups will cover all topic areas below, these are for general guidance. Progression from one lesson to another will depend on each individual group and how well they can complete the skills being taught. A lesson may need to be repeated or they may need more time on a specific skill before they can progress to the next skill. • To learn the following fitness components – cardiovascular fitness, strength, muscular endurance, flexibility

Boys' activities – Feb-Easter

YEAR 7	Handball		
Lesson	<i>Key Knowledge- what will students know by the end of this topic?</i>	<i>Key skills- what skills will students have developed by the end of this topic?</i>	<i>Assessment opportunities- How is progress measure?</i>
1	Passing and Receiving the ball	Using correct grip, learn to pass with one hand overarm and shovel pass. Develop understanding of how to receive and support the pass.	Application of skills. Ensure students understand why they need to pass the ball one handed. Check ability to perform the one handed overarm and shovel pass.
2	Passing on the move with Dribbling	Use of passing and receiving the ball skills from previous lesson but added with movement. 3 steps with the ball or 3 seconds. Introduce rule of dribbling, bouncing the ball one hand to one hand allows you to continuously dribble. As soon as it is one hand to two hands, they have three steps until a pass or shot needs to be made.	Application of skills. Ensure students understand rules of three steps with the ball or 3 seconds. Check ability to perform the one handed overarm and shovel pass whilst on the move. Check understanding of the dribbling rule.
3	Defending Formation and Touch Tackling	Students should know how to two hand touch tackle. Then apply a zone defence. Working together and marking space rather than players.	Application of a formation/zone. Communication and self-awareness to ensure you are in correct position. Check students are in control of a 'touch' tackle.
4	Shooting	Students develop confidence with throwing the ball and learn how to add power, through jump shot and standing shots. They will learn how to transition from dribbling to shooting.	Application of shooting with a jump shot and standing shot. Ensure using correct technique and they understand why we use a jump shot.
5,6,7	Matchplay, Competition and Rules	Combine application of previous skills learnt and produce in competitive environment. Demonstrate knowledge of rules to ensure the game is played safely.	Assess by outcome, performance, communication and adherence to rules.

Table tennis

Year 9	Table tennis		
Lesson	Key Knowledge- what will students know by the end of this topic?	Key skills- what skills will students have developed by the end of this topic?	Assessment opportunities- How is progress measure?
1	Recap Bat and ball familiarisation and the ready position Recap and develop technique for the backhand push Recap rules	Grip, stance, backhand push Partner feed, backhand push return Backhand push rally down midline Backhand push rally accross diagnal Play simplified games	Successful grip of the bat and execution of a basic backhand push Correct ready position Correct body position for the execution of the backhand push Successful shot - accurate, low over net
2	Understand technique and rules of serving service rules- T.P's; present ball, (no disguise), must be behind line, 6 inch throw up, bounce on each side. Intro	Recap grip and backhand push 2's 1 vs 1 – experiment with serves. Progression- add spin, backhand serves. Add targets. Use 'Youtube' clips to show variation of serve. One shot return. King of the court- winners up, losers down.	Successful execution of a serve. Variation of serve (short/long, fast/slow, spin/no spin) Service rules and basic game. Key skills/factors to improve performance
3	Understand the technique for the forehand push To describe and explain the effect of backspin on the ball Development of how to change flight of the ball - direction, pace, accuracy	Grip, stance, forehand push Self feed, forehand push return Partner feed, forehand push return Forehand push rally (add targets) Play games	Successful grip of the bat and execution of a forehand push Correct ready position Correct body position for the execution of the forehand push Successful shot - accurate, low over net.
4	To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points.	Grip, stance for forehand drive Self feed, forehand drive return Partner feed, forehand drive return. Add targets. Dart feed, forehand topspin return - can your partner catch the ball? Forehand push to forehand drive rally (for more advanced) Games	Successful execution and body position for the forehand topspin. Successful demonstration of a rally and movement on the court.
5, 6, 7	Game play, matches, competition	Demonstrate previous skills learned	Outcome/performance/ communication

Girls' activities – Sept to Oct

YEAR 7	Handball		
Lesson	<i>Key Knowledge- what will students know by the end of this topic?</i>	<i>Key skills- what skills will students have developed by the end of this topic?</i>	<i>Assessment opportunities- How is progress measure?</i>
1	Passing and Receiving the ball	Using correct grip, learn to pass with one hand overarm and shovel pass. Develop understanding of how to receive and support the pass.	Application of skills. Ensure students understand why they need to pass the ball one handed. Check ability to perform the one handed overarm and shovel pass.
2	Passing on the move with Dribbling	Use of passing and receiving the ball skills from previous lesson but added with movement. 3 steps with the ball or 3 seconds. Introduce rule of dribbling, bouncing the ball one hand to one hand allows you to continuously dribble. As soon as it is one hand to two hands, they have three steps until a pass or shot needs to be made.	Application of skills. Ensure students understand rules of three steps with the ball or 3 seconds. Check ability to perform the one handed overarm and shovel pass whilst on the move. Check understanding of the dribbling rule.
3	Defending Formation and Touch Tackling	Students should know how to two hand touch tackle. Then apply a zone defence. Working together and marking space rather than players.	Application of a formation/zone. Communication and self-awareness to ensure you are in correct position. Check students are in control of a 'touch' tackle.
4	Shooting	Students develop confidence with throwing the ball and learn how to add power, through jump shot and standing shots. They will learn how to transition from dribbling to shooting.	Application of shooting with a jump shot and standing shot. Ensure using correct technique and they understand why we use a jump shot.
5,6,7	Matchplay, Competition and Rules	Combine application of previous skills learnt and produce in competitive environment. Demonstrate knowledge of rules to ensure the game is played safely.	Assess by outcome, performance, communication and adherence to rules.

Y9 Fitness

Topic: Fitness Lesson	Key Knowledge <i>What will all students KNOW by the end of the topic?</i>	Key Skills <i>What key skills will be learnt/developed by the end of the topic? What will all students be able to DO by the end of the topic?</i>	Assessment Opportunities <i>What are the key pieces of assessment? How will students be assessed?</i>
1	The main different 'Components of fitness' How to complete various fitness tests The different major muscles	Students will complete the following tests: Hand grip test - Strength Sit and reach - Flexibility 4-minute CV test (on treadmill, rower or stepper) - Cardiovascular Press up – Muscular Endurance Sit up – Muscular Endurance Standing long jump/Sergeant jump - Power Use an excel SS to save the results to reflect on and try to beat at the end of the SOW	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly? Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training Fitness test results
2	How to improve Cardiovascular fitness (using Continuous and Circuit training)	Individual challenge – distance/reps/level Circuit training using the main CV machines – continuous training Use other equipment too, but focus is on students understanding the best way to improve Cardiovascular fitness	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly? Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
3	How to improve Cardiovascular fitness (using interval and Fartlek training)	Individual challenge – distance/reps Students will learn about and perform Interval and Fartlek training (outdoor lesson). Understand the benefits in relation to different sports	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly? Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training

4	How to improve Strength (using anchor straps for own body weight training)	Individual challenge – distance/reps/level Circuit training using the main Weight stations – Weight training (using anchor straps for own body weight) Use other equipment too, but focus is on students understanding the best way to improve Strength	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
5	How to improve Muscular Endurance (using various stations)	Individual challenge – distance/reps/level Circuit training using the boxing bags – Interval training using low intensity, high reps Use other equipment too, but focus is on students understanding the best way to improve Muscular endurance	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
6	How to improve Power (using Plyometric training)	Individual challenge – distance/reps/level Circuit training using the plyometric equipment – box jumps etc. High intensity Use other equipment too, but focus is on students understanding the best way to improve Power	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
7	Have improvements been made? Can students explain why? Evaluate previous training	Students will re-take the tests they did in week 1: Hand grip test - Strength Sit and reach - Flexibility 4-minute CV test (on treadmill, rower or stepper) - Cardiovascular Press up – Muscular Endurance Sit up – Muscular Endurance Standing long jump/Sergeant jump – Power Compare to previous results and evaluate if they improved or not.	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training Fitness test results