

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 – Volleyball & Lacrosse Boys – Tennis & Softball • 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

YEAR 9	Tennis		
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	Ground strokes. Execution of topspin and effect it has on the ball. What makes a performance effective	Execution of ground strokes from the baseline of the court with power and accuracy. Application of topspin on the ball and when to execute in game play. Application of knowledge to improve their own and others' work	Successful execution of a groundstrokes from the baseline. Correct body position for groundstrokes and topspin. Game play/scoring and communication
2	Ground strokes. Execution of backspin and effect it has on the ball. Execution of the slice and the effect it has on the ball. What makes a performance effective The drop shot (with backspin)	Execution of ground strokes from the baseline of the court with power and accuracy. Application of backspin/slice on the ball and when to execute in game play. Application of knowledge to improve their own and others' work Successful application of drop shot	Successful execution of a groundstrokes from the baseline. Correct body position for groundstrokes and the use of backspin Success of drop shots
3	Serving the first and second serve: difference between the two. Return of serve: correct ready position, movement and racket preparation. Game play	Attacking and defensive play at the service – 1st and 2nd serve. Application of shots to outwit the opponent in a competitive game.	Success at serving from the baseline. Effective use of serving the 1st and 2nd serve. Observation of game play: shot selection / communication and movement. Explanation of the 1st and 2nd serve.

4	Doubles play. Rules. tactics and communication	Demonstrate how to play doubles effectively. Demonstrate knowledge of rules	Outcome/performance/ communication
5,6,7	Game play, matches, competition	Demonstrate previous skills learned	Outcome/performance/ communication

Softball

Year 9	Softball - due to the nature of this sport, numerous skills may be taught each lesson so they can be linked together		
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	Basic fielding Basic bowling technique Basic batting technique	Use glove on correct had (non-dominant hand, why?) Demonstrate correct technique for catching, coloured part of glove, squeeze/pinch ball, use other hand to secure – increase distance Basic rules for bowling Basic batting stance	In 5's 1 batter 1 pitcher 1 catcher 2 Fielders Rotate to practice each role
2	Basic fielding Basic bowling technique Basic batting technique	Effective batting skills, side-on, elbow high, swing over home plate (use tee to practice if needed) Variation of shots – low, high, left, right, tap	In 5's 1 batter 1 pitcher 1 catcher 2 Fielders Rotate to practice each role Conditioned games
3	Basic fielding Basic bowling technique Basic batting technique	Demonstrate effective bowling technique Recap rules	In 5's 1 batter 1 pitcher

		Variation of speed/spin	1 catcher 2 Fielders Rotate to practice each role Conditioned games
4	Game play	Apply techniques used to games Demonstrate correct application of rules and tactics	Game play, communication of fielders, awareness of batters, knowledge of rules and tactics
5, 6, 7	Game play	Apply techniques used to games Demonstrate correct application of rules and tactics	Game play, communication of fielders, awareness of batters, knowledge of rules and tactics

Girls' activities – Easter - May

YEAR 7	Lacrosse		
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	Stick Familiarisation To understand what the 3 S's stand for. (Step, Squat, Scoop) To understand the correct grip for throwing and catching.	To demonstrate how to pick up the ball. To demonstrate how to throw and catch using a shoulder pass. To show how the grip changes between picking up the ball, catching the ball and throwing the ball.	Check students have hands in correct position when throwing, catching and picking up the ball. Students should understand why they need to use this technique within a game situation. Then apply the skills in a competitive situation.
2	Handling the Ball Under Pressure To understand the correct grip and technique to ensure the ball stays in the stick when running. To understand why we cradle the ball.	To be able to run with the ball in the head of the stick then progress to being able to be cradling the ball, with their head up. To be able to throw a successful pass under pressure of time limit with ball and moving targets and defenders looking to intercept.	Check students have strong hand at the top of the shaft and weak hand at the bottom of the shaft when the ball is in the stick. Students should then apply the cradle and understand why they do this. Then check students can move hands in correct grip to throw the pass on the move or at a moving target. Then apply the skills in competitive environment.

	To know when to pass in a game situation	To develop catching and ground ball skills when under pressure by an opponent.	
3	<p>Face off and Goalkeeping</p> <p>To understand how to start the game of lacrosse.</p> <p>To understand basic positioning of goalkeeping.</p>	<p>To be able to face off with the correct technique of using the back of the stick and having the stick flat on the ground parallel to opponent.</p> <p>To demonstrate a good goalkeeping position and move body towards the ball to save.</p>	Check students know to keep the stick parallel with each other and keep it on the floor. Students should have right hand at the top, left hand at the bottom of the shaft and the head of the stick should be outside their right leg. Using the reverse side of the stick they need to clamp and flick the ball out. While goalkeeping, students should stand in position to cover most of the goal with their body depending on the angle of the ball carrier. Then they need to move towards the ball when it is shot.
4	<p>Defending and Attacking Revisit</p> <p>To understand good body position and when to knock down, intercept or check the opponent.</p> <p>To understand how to beat a defender and get into a good scoring position.</p>	<p>To demonstrate a good body position defending and identifying when to check, intercept or knock down the ball all under control.</p> <p>To identify and exploit good shooting spaces on the field and attack them using a dodge to beat an opponent.</p>	Check students match feet and protect top side of the field. Then try to knock down, intercept or check opponent. When attacking check students' ability to 'attack the middle of the field' and see if they can deceive the opponent on the way with a dodge.
5,6,7	<p>Matchplay, Competition and Rules</p> <p>Understand basic rules of time limit on the ball, goalkeeping zone and sinbin for breaking the rules.</p>	<p>Combine application of previous skills learnt and produce in competitive environment.</p> <p>Demonstrate knowledge of rules to ensure the game is played safely.</p>	Assess by outcome, performance, communication and adherence to rules

Y9 Volleyball

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	Introduce set technique To understand basic volley technique. To understand why it is used in a game situation responding to changes. To understand the basic scoring and rules of volleyball. To begin to outwit opponents with the movement of the ball.	Warm up – Student led. 3’s; start sat down. Explore ways to keep ball alive. 1 touch each. Can’t touch it twice in a row. Competition. How many in minute. Teaching points; use finger tips, don’t catch ball. Discuss difficulties sat down. Stand up-Squat position + bend knees, Elbow’s out. 1-1 practice volley – feed and volley. https://www.youtube.com/watch?v=58w4Aeyyy_0 3’s competition, keep ball up for 1 minute. Competition, who can keep the ball up for the longest. 3 vs 3 small-sided games, no net, use cones to signal the area to get it over. Students if struggling can have multiple bounces but must stick to only touching the ball 3 times before it goes over the net. Play a ladder tournament. https://www.youtube.com/watch?v=prSfG7gN7Js	Successful execution of set/volley Correct body and hand position. Height/accuracy of ball Game play/scoring and communication
2	Introduce dig technique	Warm up – Student led pulse raiser. Pairs- Recap volley technique in a 2 min keepy uppy rally in 4s. Intro dig. - Dig used when ball is low- recovery. Set is high- attack preparation.	Successful execution of dig

	<p>To understand how to perform the dig technique with control and accuracy.</p> <p>To understand when to use different techniques in a small sided games, implementing basic strategies and tactics. To understand the scoring system during a volleyball game.</p>	<p>Teaching points; Squat position, Palms together, Feet shoulder width apart. 1-1 free practice.</p> <p>https://www.youtube.com/watch?v=Rm0yvvBx7oc</p> <p>https://www.youtube.com/watch?v=XE8wxJMxUdE</p> <p>https://twitter.com/WannaTeachPE/status/1561762629533696008?s=20&t=EocEBqL5I2LUu5CPWE0omA</p> <p>In 3's; feed-dig - set – rotate (don't use net)</p> <p>4v4 small sided games – have to use all three touches before returning the ball. No punching ball. Time limit. Student can have one bounce, do without the net and progress onto the nets if students are able.</p> <p>5 minute games, Ladder tournament.</p>	<p>Correct body and hand position.</p> <p>Height/accuracy of ball</p> <p>Game play/scoring and communication</p>
3	<p>Basic underarm service</p> <p>To understand and accurately replicate serving technique.</p> <p>To be able to strike the ball consistently with enough height and weight to the serve. To begin to develop strategic and tactical play during a rally. To begin to score & officiate a competitive game.</p>	<p>Warm up – Student led pulse raiser. Pairs- Recap volley & dig technique in a 2 min keepy uppy rally.</p> <p>Competition- no of consecutive shots.</p> <p>Intro rules of serve & technique. 3's –Serve trying to hit cone/target.</p> <p>https://www.youtube.com/watch?v=E65rysfSWNQ</p> <p>Serve, dig and volley drill. Working in 3s over a net, server on one side, the two students on the other side will try to dig and set bac over the net. Rotate round.</p> <p>Teaching points; underarm or overhead, aim for gaps in opposition half, side on, and eye on ball.</p> <p>4v4 small sided games. Recap scoring. Intro a serving order. Must stick to it throughout game. Ladder tournament, winners up, losers down.</p>	<p>Successful execution of serve</p> <p>Correct body and hand position.</p> <p>Height/accuracy of ball</p> <p>Game play/scoring and communication</p>
4	<p>Use of 3 touches/tactical development</p> <p>To understand how 3 touches may be used to create the prefect attacking strategy. To begin to analyse opponents weaknesses &</p>	<p>Warm up– Pairs-recap prior learning in a 2 min rally.</p> <p>Wall ball, student to be in groups of 4, they a=have 3 lives, students must volley to the wall and the next student must use the set or dig to return the ball to the wall, if the ball bounces before the next student gets the ball they lose a life.</p>	<p>Outcome/performance/communication</p>

	<p>devise strategies to exploit them. To understand how to adjust shot selection to enable the outwitting of opponents.</p>	<p>Discuss power & vertical jump ability and the importance to volleyball. Discuss use of 3 touches and its importance.</p> <p>Teams of 5. Conditioned game- must use the 3 touches or team loses the point. <i>(Dig, set, then over)</i> Time limit games. 5 vs 5 small competition. Ladder tournament -winners up, losers down. Recap rules & scoring. Introduce correct service rotation.</p>	
5, 6, 7	<p>Outwitting opposition/Game play</p> <p>To develop their understanding and knowledge of basic outwitting strategies.</p> <p>To understand and develop the use of tactics and shot selection.</p> <p>To refine tactics based on opponents' weaknesses.</p> <p>To be able to assess & evaluate own performance and weaknesses.</p>	<p>Warm up – Student led.</p> <p>Brainstorm possible volleyball tactics- use of 3 shots? angles and ball direction? What are attacking and defensive type shots. 3vs3 to experiment with tactical and positional ideas.</p> <p>Feedback to group. (3 back and 2 front, or 2, 1, 2.)</p> <p>5v5 games. Recap rules & scoring. New rule –can't touch net. Score to 11. Ladder Tournament -winners up, losers down.</p>	<p>Outcome/performance/communication</p>