



Curriculum map – Year 9

YEAR 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC(s)	Skills (Hands) Selecting and transferring skills Demonstrating good levels of fitness Create, perform and adapt tactics under pressure	Skills (Hands) Selecting and transferring skills Demonstrating good levels of fitness Create, perform and adapt tactics under pressure	Effective Thinking (Head) Making effective decisions Demonstrating rules in activities Analysing performance for improvement	Effective Thinking (Head) Making effective decisions Demonstrating rules in activities Analysing performance for improvement	Empowering Character (Heart) Identifying roles within a team Demonstrating resilience Demonstrating leadership skills	Empowering Character (Heart) Identifying roles within a team Demonstrating resilience Demonstrating leadership skills

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What students will know	<p>Football – How to pass and control the ball whilst under pressure from a defender Man to man marking defence tactics. Know how to strike the ball with power when shooting</p> <p>Netball- Use of skills of different methods of passing, catching, shooting and footwork within more complex drills and game play. How to outwit and defend opponents using fake and sprint dodge effectively. The positions in netball 7 aside and their tactical roles in attack and defence. The rules of the game including obstruction, contact, over a third and repossession First and second stage defending and when to use effectively in a game situation.</p>	<p>Handball – Overarm, hip, wrist throwing technique. How to dribble with the ball using the 3-step rule. How to shoot using the jump shot How to defend an attacker moving at speed Know how to create an overlap to create space when attacking</p> <p>HRF – How to set up a circuit depending on the individual needs. Explain different ways to increase intensity and the different target zones. The correct training method to use depending on the individual needs. Know the benefits of each training method including some of the advantages and disadvantages.</p>	<p>Dodgeball - How to throw the ball using a sling technique How to throw the ball at different heights depending on the game situation. How to use blocking and shield tactics during competitive situations.</p> <p>Basketball – what a triple threat position is and how to protect the ball. how to make the correct choice of shot, pass or dribble. How to control the ball when dribbling How to use the chest pass and bounce pass when faced with an opponent How to defend a player with and without the ball. Cookie Jar technique for a set shot. All the rules for a full game including knowing what a foul is.</p>	<p>Dance - How to use dance knowledge to choreograph a small group dance. How to link different pathways in a dance routine using correct timing with each other and the music.</p> <p>Badminton- How to score in full court singles and doubles games Know the rules, court markings and the basic tactics for full court singles and doubles. Know the techniques for all basic shots plus drop shot and smash and when to use them tactically in both singles and doubles. Rules and scoring systems for singles and doubles games.</p>	<p>Athletics- Know how to apply power during the takeoff phase of the long jump How to accelerate during 100m race to reach maximum speed. Know how to generate power to jump at height over the high bar Know how to throw the javelin with safe technique with a long run up Know how to pace a long-distance event in a competitive situation.</p> <p>Orienteering- Know how to read a map as an individual Start in the correct position and face the correct direction Plan out the route before setting off to successfully beat the opposition/get around the route in the quickest time.</p>	<p>Cricket How to play a defensive shot. How to bowl a fast/slow/spin ball Where to throw the ball when the batters are running</p> <p>Table-Tennis How to play a loop shot. Know where to serve the ball to make it difficult for the opposition to return the ball. Know how to set up the opponent to force them into a mistake or bad position.</p> <p>Rounders- When to use an over arm and underarm throw when fielding under pressure. How to strike the ball in different directions depending on positions of the fielders when batting. Fielding tactics to reduce oppositions score and to get players out. How to bowl the ball at different heights and speeds to make it difficult for the batter to hit. Know how to umpire and score using all the rules of the game.</p>

<p>What students will be able to do</p>	<p>Football To pass the ball using the correct technique and move into space to receive the ball To control the ball so the defender is not able to take the ball. To take one touch of the ball as the ball arrives to move into a better position away from a defender To defend an attacker so they have no space to play in To use the laces to strike the ball with power keeping their head and body over the ball to help control the shot.</p> <p>Netball- To demonstrate passing techniques including the running pass whilst using the correct footwork in more advanced drills and games. Demonstrate effectively first and second stage defending in within full games. Play in two chosen positions in a full game of 7 a-side following all rules of the game and using appropriate</p>	<p>Handball Demonstrate overarm, hip and wrist throwing technique when passing to evade a defender or pass through a space between two defenders. Demonstrate taking 3 steps then dribble the ball to move into a space during a full court game Jockey the attacker when they approach at speed Move towards the line at speed and jump before shooting</p> <p>HRF To plan a circuit based on the sporting activity, specific muscle groups and individual needs. Explain the impact that intensity has on overall fitness and performance.</p> <p>Explain how intensity can have an impact on resting heart rate.</p> <p>Demonstrate how to use time, repetition and weight depending on the individual needs.</p>	<p>Dodgeball Play and show a deeper understanding of the rules and tactics.</p> <p>Demonstrate the sling technique when throwing the ball to a moving target during a game situation.</p> <p>Demonstrate excellent spatial awareness and decision making during competitive situations</p> <p>Basketball To demonstrate how to use the triple threat in small- sided and full court games To be able to dribble the ball without losing control and drive to the basket effectively. Be able to complete a layup in game situations as well as in drills. Demonstrate the cookie jar shooting technique for all shots. Demonstrate defensive skills in 3v3 and full court games.</p>	<p>Dance Demonstrate movement using a variety of levels, pathways and timing in a group performance. Use of more complex gestures and actions in set group sequences. Demonstrate movements in time with the specific styles of music in a group performance Demonstrate giving feedback to other groups both positive and ways to improve.</p> <p>Badminton Demonstrate how to complete a rally with a partner using a variety of different shots including the drop shot To demonstrate serving using tactical choices in singles and doubles games Be able to explain and perform tactics when playing a game such as drop shots and smashes in both singles and doubles games. To umpire singles and doubles games including scoring.</p>	<p>Athletics- Demonstrate the long jump and be able to better previous results by exploding off the board. Use arms and legs to generate momentum and ensure legs are outreached when landing Demonstrate how to take the correct steps to complete a long/running run up before releasing the javelin. Demonstrate good arm and legs technique with the body leaning forward landing on the balls of feet Be able to complete a long-distance race with the ability to have a sprint finish.</p> <p>Orienteering- Demonstrate how to problem-solve using map reading skills. Demonstrate the ability to run whilst going to the correct check points in the correct order.</p>	<p>Cricket Demonstrate a forward defensive drive. Bowl the ball at speed at the stumps/bowl the bowl slowly to confuse the batter, bowl the ball with spin to confuse the batter Demonstrate the ability to throw the ball with accuracy to hit the stumps before the batter gets to the crease.</p> <p>Table-Tennis –Demonstrate how to play the loop shot using the legs to drive from a low to high position to generate spin and power. Demonstrate the ability to return the ball at the top of the bounce Demonstrate serving the ball to side of the table to force the opposition to move Demonstrate serving or retuning the ball to the body when the opposition is not standing in the correct position</p> <p>Rounders- Demonstrate all throwing and catching skills in practice and under pressure in a game. Demonstrate bowling at different levels and speeds using the different foot patterns. Be able to bat the ball in different directions.</p>
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Beyond the classroom (Wider reading / Trips)	tactics for their positions.				Plan an effective route to successfully beat the opposition	Demonstrate effective fielding by reducing points scored and players out. Be able to umpire a full game and score a full game.
	Extra-curricular clubs: Football/Netball Fixtures and festivals	Extra-curricular clubs: Handball Fixtures and festivals	Extra-curricular clubs: Dodgeball/Basketball Fixtures and festivals	Extra-curricular clubs: Dance/Badminton Badminton competitions Dance festival and schools' competition	Extra-curricular clubs: Athletics/Orienteering District Athletics and Orienteering festivals	Extra-curricular clubs: Cricket/Table Tennis/Rounders Fixtures and festivals