



Department: PE

Year Group: 9

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn term 1	Netball	<p>To be able to make decisions about sending and receiving the ball into a space.</p> <p>To be able to outwit opponents using a variety of passes with accuracy and timing.</p> <p>To develop & refine strategic and tactical play and adapt ideas based on successful outcomes.</p>	Skills in isolation and game play	<p>Extracurricular clubs for a wide range of sports and activities</p> <p>Opportunities to take part in competitions at different levels :</p> <ul style="list-style-type: none"> • Interform • Local city • Local LSSP • County <p>Research into cheer and pom dance by accessing and watching videos</p>
	Dance	<p>To know and understand cheerleading arm motions and be able to use these in cheer and pom dance</p> <p>To be able to follow set cheer choreography</p> <p>To be able to create group cheer choreography</p> <p>To know and understand how to perform assisted jumps and lifts safely and include these in choreography</p>	Skills in isolation and performance	
Autumn term 2	Basketball	<p>To be able to take part in ball familiarisation activities</p> <p>To know and understand the correct dribbling technique</p> <p>To know and understand different passes in basketball</p> <p>To start to be able to apply dribbling and passing to game play</p>	Skills in isolation and game play	

	Badminton	<p>To understand the basic grip and ready position</p> <p>To know and understand how to perform an overheard clear</p> <p>To know and understand how to perform different serves</p> <p>To start to understand rules of the game</p>	Skills in isolation and game play	
Spring term 1	Handball	<p>To understand and demonstrate a range of passing techniques, over varying distances</p> <p>To understand and demonstrate receiving the ball, both static and on the move</p> <p>To understand and demonstrate defending techniques</p> <p>To understand and demonstrate basic shooting and attacking principles</p> <p>To understand and demonstrate basic tactics for play and formations</p>	Skills in isolation and game play	
	Fitness	<p>To develop knowledge and understanding of the different types of tests used to assess levels of fitness.</p> <p>Be able to take part in different fitness tests</p> <p>Start to understand how to administer different fitness tests</p>	<p>Understanding of how to complete different fitness tests</p> <p>The ability to take part in different fitness tests</p>	
Spring term 2	Badminton	<p>To know and understand how to perform a drop shot</p> <p>To know and understand how to perform a smash shot</p> <p>To understand and be able to apply basic rules of the game</p>	Skills in isolation and game play	

	Leadership	<p>To start to understand the basic principles around leadership</p> <p>To be able to work with others to plan and deliver a short warm up</p> <p>To be able to work with others to plan and deliver a small game/activity</p>	<p>Plan and lead warm up</p> <p>Plan and lead small game/activity</p>	
Summer term	Rounders	<p>To develop the ability to add disguise + power into bowling action and apply fielding techniques with more accuracy</p> <p>To start to apply strategies with batting</p> <p>To have good understanding of rules and be able to apply some tactics to games</p>	Skills in isolation and game play	
	Athletics	<p>To demonstrate a basic sprint start technique and evaluate partner's technique</p> <p>To develop throwing technique for different throwing events including different movements in throwing preparation</p> <p>To further develop high jump technique</p> <p>To take part in a class competition taking on the roles of athlete, coach and official</p>	<p>Times and distances</p> <p>Skills in isolation</p> <p>Officiating roles</p>	