

Year 9	Autumn 1		Autumn 2		Spring 1	
<p><b>Intent; The Year 9 curriculum is aimed at independent and confident performers, who understand why we participate in Sport. Students will aspire to be masters of these sport and this year be focusing on the application of advanced skills. Through self-reflection and their sporting DNA, students will establish the confidence to self-assess and set independent development goals to further their ability. Lessons will continue to be physically active with a focus on the promotion of health and wellbeing.</b></p>						
Curriculum Goal	Football (Invasion sport)	OAA (Athletics)	Basketball (Invasion Sport)	Netball/Rugby (Invasion Sport)	Badminton (Net play)	Lacrosse (Invasion Sport)
Core skills knowledge	<b>Football:</b> Advanced Skills Ball control Non dominant foot Dribbling Marking Decisions and tactical awareness	<b>Fitness:</b> Advanced skills Cardiovascular endurance, Muscular endurance, Muscular strength, Flexibility Body composition	<b>Basketball:</b> Advanced skills Shooting styles Rebounding Dribbling Beating opponents Marking Decisions and tactical awareness	<b>Netball:</b> Advanced skills Ball handing Passing over mid-range Shooting- Stepping Defensive Decisions and tactical awareness	<b>Badminton:</b> Advanced skills Serving- Flicks Net shots Backhand Footwork and court positions Decisions and tactical awareness	<b>Lacrosse:</b> Advanced skills Ground balls Receiving the ball Tackling and body checks Shot selection Dodging Marking Decisions and tactical awareness
Adaptable skills and knowledge	Fundamentals; (age appropriate) Walk, Run, Skip, Jump, Throw, Balance, Catch, Kick, Strike, Stalk stand Skill related fitness components: Speed, Power, Agility, Balance, Coordination, Reaction time Health related fitness components: Securing Self-assessment strategies Securing understanding of Attacking/defensive strategies Securing communication Securing history of the sport Cross-curricular links: English, Maths, Science, Geography, History, Technology, Drama, Music.					
Key vocabulary	Positioning Tackling Possession Interception Offside	Cardiovascular Endurance Muscular Endurance Coordination Repetition Contraction	Carry Travel Double Dribble Turn over Three in the key	Pivot Dodging Offside Footwork Contact	Forehand Service line Tram line Flick Spatial awareness	Scooping Cradling Crease Ground Ball Slashing
Health and Physical Themes	Mental Health in Sport		Diet in Sport		World Anti-Drug Association- WADA; PEDs	

	Spring 2		Summer 1		Summer 2	
Curriculum Goal	Trampolining (Gymnastics)	Handball (Invasion sport)	Rounders (Fielding/Striking)	Cricket (Fielding/Striking)	Athletics (Track)	Athletics (Field)
Core knowledge	<b>Trampolining:</b> Core skills Shapes Twists Seat Drop Rotational Combined Movements Quality of execution Consistency Control	<b>Handball:</b> Advanced skills Catching variations Dribbling both hands Passing Shooting Offensive and defensive Decisions and tactical awareness	<b>Rounders:</b> Advanced skills Batting Bowling Fielding Back-Stop Decisions and tactical awareness	<b>Cricket:</b> Advanced skills Batting Bowling Fielding Wicket keeping Decisions and tactical awareness	<b>Athletics:</b> Advanced skills 100 200 400 800 1200 Relay	<b>Athletics:</b> Advanced skills Javelin Shot Putt Discuss Long Jump Triple Jump High Jump
Transferable/Prior Knowledge	Fundamentals; (age appropriate) Walk, Run, Skip, Jump, Throw, Balance, Catch, Kick, Strike, Stalk stand Skill related fitness components: Speed, Power, Agility, Balance, Coordination, Reaction time Health related fitness components: Cardiovascular endurance, Muscular endurance, Muscular strength, Flexibility and Body composition Securing Self-assessment strategies Securing understanding of Attacking/defensive strategies Securing communication Securing history of the sport Cross-curricular links: English, Maths, Science, Geography, History, Technology, Drama, Music.					
Key vocabulary	Swivel hips Cradle Turntable Somersault Execution	Vertical Jump Stealing Screening Feinting	Tactical Stumping Back Stop Communication Alertness	Strategy Innings Overs Boundary Retire	Pacing Acceleration Dipping Determination Muscular Power	Measurements Explosive Focus Demanding Technique
Health and Physical Themes	Image In Sport		Leadership in Sport- Role Models		Themes Recap	