

Year 9 Girls Topics

In year 9 we teach the following modules over the course of the year. Each module draws on prior learning from Year 7 and builds on understanding from the KS2 programme of study. Each module develops and deepens the Core knowledge that will underpin all areas of the curriculum at KS3 and KS4

Topic	Rationale	Knowledge acquisition	Key vocabulary	Skills and enrichment
Football	To further develop the skills of football to outwit opponents.	Passing, control and turning	Control, close, side foot, space, long, short, chip, drive, side, accuracy, turn, accelerate, Cruyff, spin, step over, drag back, Maradona	Students are learning foot-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Passing, control and turning in a competitive situation	Control, close, side foot, space, long, short, chip, drive, side, accuracy, turn, accelerate.	
		Shooting	Laces, side, volley, header, accuracy, control, power	
		Attack, beating an opponent	Close control, change pace, trick, feint	
		Defensive tactics	Close down, jockey, man-to-man, show outside, show inside, side on	
		Set plays	Tactics, direct, indirect, movement, corner, free kick	
Trampolining	Focus on accurately replicating basic drops in isolation and in combinations focusing on the control and aesthetics. Show creativity and fluency in developed sequences. Demonstrate basic safety around the trampoline.	Safety, bouncing and shapes.	Body Tension, control, dynamic balance, Tuck, Pike, Straddle, extension, flexion, out bounce, travel	Development of leadership as students will coach one another using teaching cards
		Basic drops	Front, Back, Seat	
		Combinations of basic drops and twists.	Control, body tension, height of the bounce, focus,	
		Combinations of basic drops and twists	4, 6,8,10 bounce routine, No break of routine,	
		Routine Development	Sequence of moves to aid height	
		Competitive performance	Rules, focus, resilience	
Netball	Focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to use core skills and implement them in	Recap passing skills & fundamental rules	Turning in air on landings to receive, landing right foot and left foot.	Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team,
		Timing of pass / support play	Passing ahead – in space, flat accurate pass, order of passes – key players, running pass	
		Attacking play	Move into space to receive, timing, delay of movement, two options	
		Shooting	Circle edge passing in and out, Marking the shot, rebounds, step back – shooting footwork	

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	different competitive situations.	Marking / defending	Marking the player, marking the ball, marking the pass, back line pass (GK, GD, WD)	not just as an individual.
		Competitive Play	Rules, outwit, mark, free/penalty pass, throw in.	.
Badminton	Focus on apply knowledge of core skills through conditioned situations. Develop knowledge to able to recognise where to land the shuttle and refining game strategies with the intention of outwitting an opponent. Develop hand eye co-ordination skills and apply these skills to future racket sports on the curriculum.	Recap underarm and overhead action	Off the net, over net, 1v 1, movement, Underarm lift, overhead clear, deep clearing, stance, reaction time. Body side on. Archer/Usain Bolt ready position. Contact point in front of the body. Shuttle. Feathers.	Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour.
		Serve – backhand serve & forehand serve	Off the net, over net, foot placement, arm swing of racket, movement. Service box. Service line. Backhand serve- front on position. Thumb position behind the racket. Flick the wrist. Quick and low over the net.	
		Net shot	Lunge towards net, contact high, forehand and backhand.	
		Drop shot	Clear stance, remove power, shuttle close to net, shuttle floats down. Disguise. Shuttle to land towards the front of the opponent's court. Delicate touch.	
		Link skills – lift, clear & drop *net shot	Target rally, conditioned rally – 2 clear, play out point	
		Game play	Service box, Tramlines, Net, vary the shot, make. Tactics. Outwitting opponent - movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot. Returning to the centre of the court. Serving odd and even side.	
Orienteering	To teach outdoor & adventurous activities, the life skill of map reading and enable students to be active and work on their fitness alongside communication and teamwork.	Map walk	Building, canopy, open land, open land with scattered trees, rough open land, hard paved area, out of bounds area, area of water, woodland walk, woodland easy running, fence, high wall, high fence, stream, hedge, form line, earth bank, road, footpath, rock face, sign, boulder, gate, control point, single large tree, depression, post, seat, steps, bush or small tree, control point, orientate map.	Students are learning how to orienteer through understanding maps and being able to interpret the land around them. It also encourages students to enjoy the outdoors and to adopt a healthy
		Star exercise North and South	Control point, orientate map, North.	

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		Head-to-head sprint	Timing, clockwise, anti-clockwise, sprint	lifestyle. In addition, develops teamwork, communication, independent thinking.
		Finding factors	Products, factors, prime numbers, prime factors	
		Team anagrams	Anagram.	
		Score competition	Timing	
Fitness	Underpins all sporting performance and develops the knowledge students require to lead active lifestyles beyond school.	Recap CV, ME	Continuous, circuit training, heart, blood, oxygen	Encourage students to enjoy training and to adopt a healthy lifestyle. Also to understand how sport can build life skills such as reliance when dealing with success and failure.
		Recap power and speed	Plyometric, interval training, explosive, high intensity	
		Fitness test – flexibility and balance	Sit and reach test and stork stand – protocol	
		Fitness challenge - yoga	Flexibility, balance, stretching, range of movement at joint, core stability, centre of mass, breathing, mental relaxation – link to other activities	
		Develop 3 station circuit training focused on individual needs	CV, ME, power, speed, flexibility, balance.	
		Students lead circuit session in small groups	Motivation, resilience, confidence, knowledge	
Rugby	To introduce the basic skills of rugby to outwit opponents.	Recap passing and refine handling skills	Target hands, swing arms, point fingers	Students are learning hand-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop strong discipline and ensure sport is of controlled with the rules being obeyed. Individuals should be honest and fair.
		Introduce front tackle	Target thigh, shoulder contact, wrap arms, cheek on cheek.	
		Tackling development	Knee, hip, shoulder landing, drive legs, crouch ready position.	
		Ball presentation in tackle	Long arms, protect head, ball control	
		Pass from breakdown	Target hands, swing arms, point fingers	
		Competitive games	Rules, defensive lines, attacking lines, communication	
Volleyball		Introduce volleyball	Net, court, team, position, throw, catch, movement, high	Students are learning hand-eye coordination
		Throw catch game	Net, court, team, position, throw, catch, movement, high, tactics	

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	To introduce the basic skills of volleyball to outwit opponents.	Introduce set technique	Set, high, fingers, bend, power, accuracy, pass	skills and net/wall tactics that can be transferred across a number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Underarm serving	Clench fist, hold in hand, flat surface, accuracy	
		Develop set shot	Set, high, fingers, bend, power, accuracy, direction, pass	
		Scoring, outwitting and tactics	Rules, scoring, tactics, serve, set, dig, high, movement, formation, positions	
Athletics	Develop a more detailed understanding of fitness and its effect on performance. Use this knowledge to plan, prepare for and competing in a range of athletic competitions	6 lessons – weather and facility dependant <ul style="list-style-type: none"> • Sprinting • Long distance • Throwing • Jumping • Relay 	Speed, strength, power, standing start, reaction time	To provide experiences of success and failure and acquire resilience to cope with such situations.
			Pacing, cardiovascular fitness, determination, resilience	
			Grip, power, strength, speed	
			Run up, take off, landing, speed, power, flight	
			Speed, communication, teamwork, problem solving	
Tennis	Recall knowledge of core skills in competitive situations and draw upon this to attempt more advanced variations. Apply knowledge of ball placement and use this knowledge to refine game tactics. Use knowledge of the games rules to accurately score/officiate	Racket and ball familiarisation	Hand eye-coordination, string ball contact in the middle of the racket, control, accuracy, feed, return. Shake hands grip. Contact point at the side of the body.	Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour. Working together as a team.
		Forehand / backhand	Grip, Follow through, Ready position, Length of stroke. Forehand - Strong hand/side of the body. Backhand - Opposite side of the body to forehand, either one handed or two. Body sideways on. Contact point at the side and in front of the body. Low to high swing	
		Volley	Grip, Stance, Swing, Follow through, ready position, punching the ball. Racket head height. High five the ball. No Swing. L shape with the racket and wrist. No bounce. Attacking shot. Played at the net.	

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	and physically exert themselves throughout. Transferring under arm and over arm skills that were developed during the badminton topic	Ground stroke to volley	Target Rally, Stroke placement. Approach play to the net. Attacking a short ball. Racket head height. High five the ball. No Swing. L shape with the racket and wrist. No bounce. Attacking shot.	
		Conditioned games including Serve	Ready position, reaction to ball, and placement of the ball. Movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot.	
		Competitive play	Use of basic or tennis scoring system. 1v1, 2v2. . First and second serve. Movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot.	
Rounders / bucketball	Draw upon knowledge to demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. Apply knowledge of game to aid the development of decision making skills within a game.	Fielding Skills	Accuracy, securing the ball, basket/cup, Accuracy, technique, release height, step in, movement, reaction, eye on the ball, long barrier, underarm and overarm	Development of decision making skills through game play
		Bowling development	Accuracy, technique, release height, step in, movement, reaction, eye on the ball	
		Batting development	Stance, eye on ball, swing, power,	
		Positional roles	Infield, outfield, backstop, Fielding positional roles, Batters on bays	
		Tactics to outwit opponents	Attacking – strike placement, Fielding – two player out options	
		Competitive play	Rules, scoring (use of second bay to score ½ rounder)	
Cricket	To further develop the skills of cricket to outwit opponents.	Fielding techniques	Accuracy, hand-eye coordination, overarm, underarm, opposite foot, point, long barrier, soft hands, give.	Students are learning hand-eye coordination skills and fielding and run scoring tactics that can be transferred across a number of different sports. Development of decision making skills through game play
		Bowling technique	Bowler, stumps, look over shoulder, coil, straight arm, jump, follow through, brush ear, accuracy, technique	
		Batting technique	Batsman, stumps, crease, bat up, diamond, step, attacking, defensive, space, field	
		Pairs cricket	Tactics, accuracy, fielding, batting, runs, overs, calling, teamwork, wicketkeeper	
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