

Year: 9 Boys

Subject: Physical Education

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
1A	1	Basketball	Ball control - dribbling	To be able to dribble the ball with control using dominant hand.	Triple threat https://www.youtube.com/watch?v=A-Jg0BwOYGE Jump stop and pivot https://www.youtube.com/watch?v=8BQ5w4Swl3s https://www.youtube.com/watch?v=Jv7oFJ_VCxs passing https://www.youtube.com/watch?v=7UT4JTPIw_0 dribbling https://www.youtube.com/watch?v=OeGoxNOgAYM&t=23s
	1	Athletics	Throwing - Javelin	To understand the rules of javelin. To be able to perform the technique for javelin (standing and small run up)	Rules https://www.youtube.com/watch?v=9fGiv2MwFLk tip down https://www.youtube.com/watch?v=JZ9PHvqDr40 learning how to throw https://www.youtube.com/watch?v=ck2nE9aX5hk https://www.youtube.com/watch?v=Lg2CHt7kxQ8
	2	Basketball	Jump stop, pivoting and passing	To be able to perform a controlled jump stop, using the backward pivot to change direction and pass the ball using a variety of passes.	Jump stop and pivot https://www.youtube.com/watch?v=8BQ5w4Swl3s https://www.youtube.com/watch?v=Jv7oFJ_VCxs passing https://www.youtube.com/watch?v=7UT4JTPIw_0
	2	Athletics	Throwing - Shot Putt	To understand the rules of shot putt. To be able to perform the standing and shuffle technique for shot putt that reflect their ability.	Rules https://www.youtube.com/watch?v=EFje4ysTLZs grip and delivery https://www.youtube.com/watch?v=XkqI_HGQ8UQ&list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC Standing throw https://www.youtube.com/watch?v=I3Mn0bTfgRk&list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&index=26
	3	Basketball	Shooting	To be able to perform the correct shooting technique using either the set shot or jump shot.	Shooting mechanics https://www.youtube.com/watch?v=UcnB9e5O5NY Self-shooting

					https://www.youtube.com/watch?v=eBx7_PRWdJc Shooting practice https://www.youtube.com/watch?v=MbS29S6Pg8s rebounding https://www.youtube.com/watch?v=zJIRi5e_9bQ
3	Athletics	Throwing - Discus	To understand the rules discus. To understand the grip, release and arm action of the discus technique.	Rules https://www.youtube.com/watch?v=LMUahmjET7Q grip and delivery https://www.youtube.com/watch?v=n9xqxvIwMJE&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=3 Throwing https://www.youtube.com/watch?v=5atxdHaE-T8	
4	Basketball	Getting free – outwitting an opponent	To be able to get free and outwit your opponent	https://www.youtube.com/watch?v=9SBvptJM258	
4	Athletics	Throwing – Discus	To be able to perform the standing technique for discus their ability.	Rules https://www.youtube.com/watch?v=LMUahmjET7Q grip and delivery https://www.youtube.com/watch?v=n9xqxvIwMJE&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=3 Throwing https://www.youtube.com/watch?v=5atxdHaE-T8	
5	Basketball	Defending - man marking	To be able to mark players closely, denying them space	Man marking https://www.youtube.com/watch?v=4A6KqSjX8Ek https://www.youtube.com/watch?v=wuWE4T1DHCw	
5	Athletics	Jumping – Long Jump	To understand the rules regarding take off long jump. To be able to perform an effective long jump technique for their ability.	Rules https://www.youtube.com/watch?v=OOJ1_1moKKM fundamentals of long jump https://www.youtube.com/watch?v=L0cQBmpgicg&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=23 long jump take off https://www.youtube.com/watch?v=1NdNzQKNvWU&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=26 landing https://www.youtube.com/watch?v=mmJpbORTJSc&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=59 technique	

					https://www.youtube.com/watch?v=LPIkPM2B9DM https://www.youtube.com/watch?v=40o9PoSCnmM
	6	Basketball	Game Play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rules https://www.youtube.com/watch?v=wYjp2zoqQrs game https://www.youtube.com/watch?v=1JaVoPEcQhs
	6	Athletics	Sprinting	To be able to perform the technique for sprinting (100m). To be able to use a sprint start to create power and speed.	Sprint starts https://www.youtube.com/watch?v=YwbPv91e6AY https://www.youtube.com/watch?v=7TXf8UPDtUE&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=18 drills to improve running technique https://www.youtube.com/watch?v=7FRWXrdmKI8
	7	Basketball	Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	
	7	Athletics	Sprinting	To be able to perform the technique for sprinting using a sprint start (200m and 400m).	Setting up starting blocks on the bend https://www.youtube.com/watch?v=6nYmRVhMz1A&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=55 drills to improve running technique https://www.youtube.com/watch?v=7FRWXrdmKI8

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1B	1	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability	Rules https://www.youtube.com/watch?v=-DmF8RCIadM beginners https://www.youtube.com/watch?v=NLufVXI7HOQ Scissor technique https://www.youtube.com/watch?v=-1T5vrm53SI introduction to the flop technique https://www.youtube.com/watch?v=CIsVe-WQF-g https://www.youtube.com/watch?v=p3aqLIUJMQw creating and running an arch https://www.youtube.com/watch?v=ML-NFFnSCTs&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=49 https://www.youtube.com/watch?v=w8HGUFViMNQ&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=51

2	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability	Rules https://www.youtube.com/watch?v=-DmF8RCIadM beginners https://www.youtube.com/watch?v=NLufVXI7HOQ Scissor technique https://www.youtube.com/watch?v=-1T5vrm53SI introduction to the flop technique https://www.youtube.com/watch?v=CIsVe-WQF-g https://www.youtube.com/watch?v=p3aqLIUJMQw creating and running an arch https://www.youtube.com/watch?v=ML-NFFnSCTs&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=49 https://www.youtube.com/watch?v=w8HGUFViMNQ&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=51
3	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	https://www.youtube.com/watch?v=7FRWXrdmKI8
4	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	https://www.youtube.com/watch?v=7FRWXrdmKI8
5	Athletics	Relays	Understand the relay change over rules. To be able to perform the down sweep technique a relay.	4 x 100m https://www.youtube.com/watch?v=55_kVAQLums changeover https://www.youtube.com/watch?v=_los9Gt7Grg&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=11
7	Athletics	Relays Recap over a throwing, jumping or running events of their choice.	Demonstrate the rules and technique for the relay. Demonstrate an understanding of the techniques.	4 x 400m relay https://www.youtube.com/watch?v=LfijldrQTp0 https://www.youtube.com/watch?v=t8acYLuA3M0

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2A	1	Swimming	Body position and Breaststroke	To be able to perform a streamlined push and glide. To be able to perform the leg action and arm action	https://www.youtube.com/watch?v=IFU0aZEEIqc https://www.youtube.com/watch?v=ppuDgfdk9y8
	2	Swimming	Breaststroke	To be able to perform the correct timing of the stroke focusing on the breathing technique.	https://www.youtube.com/watch?v=9aefCaQKZpo
	3	Swimming	Front crawl	To be able to perform the leg and arm action	https://www.youtube.com/watch?v=-UzYFyaeGEY
	4	Swimming	Front crawl	To be able to demonstrate the breathing technique.	https://www.youtube.com/watch?v=-UzYFyaeGEY
	5	Swimming	Back crawl	To be able to perform the leg and arm action	https://www.youtube.com/watch?v=4_GAi41UXiM https://www.youtube.com/watch?v=VYLb1MRlyk0
	6	Swimming	Race starts	To be able to perform the race starts for the stroke.	https://www.youtube.com/watch?v=CuRuRFzGNo8
	7	Swimming	Assessment	To understand and perform the full strokes	

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2B	1	Cricket	Fielding drill	To be able to throw accurately, catch consistently and be match aware in a game-like fielding drill	
	2	Cricket	Bowling	To be able to bowl upright with straight arms	https://www.youtube.com/watch?v=VG17zW6iESc
	3	Cricket	Bowling	To be able to run in to bowl fluently and gain more momentum in bowling action	https://www.youtube.com/watch?v=GHRx4sUhx9c
	4	Cricket	Batting	Front foot shots – driving Power hitting	Driving drill: https://www.youtube.com/shorts/x1tMW06rmnE Power hitting drill: https://www.youtube.com/watch?v=ZiddyEoqUU
	5	Cricket	Batting	Back foot shots – Cut and pull	Cut shot: https://www.youtube.com/shorts/PacGTQgCLCY Pull shot: https://www.youtube.com/shorts/4ALHqm0LULI
	6	Cricket	Gameplay	To be able to demonstrate these skills in a game situation	
	7	Cricket	Assessment	To perform these skills in a competitive game situation	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
3A	1	Softball	Throwing and catching using softball glove	To be able to throw and catch to a basic level	The glove is worn on the non-dominant hand so practicing catching at home with this hand and preferably a softball-sized ball.
	2	Softball	Throwing accurately to base fielders	To be able to control accuracy when throwing to affect run-outs in games.	
	3	Softball	Pitching	To able to pitch correctly to batters limiting the number of foul balls	
	4	Softball	Batting	To be able to hit a stationary ball with power (hitting of the tee)	https://www.youtube.com/shorts/6AX6maJAwX4
	5	Softball	Batting Pitching	To be able to hit a moving ball. To be able to pitch the ball accurately to batters	
	6	Softball	Game	To perform skills learnt in a competitive situation and pick up tactics to get batters out and how to avoid getting out	
	7	Softball	Assessment	To demonstrate these skills in a competitive game	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
3B	1	Volleyball	Overhead (Volley) and Forearm Pass (dig)	To be able to perform the volley and forearm pass	Forearm pass (dig) https://www.youtube.com/watch?v=vAAcuihU11U https://www.youtube.com/watch?v=wYPXkfK4ZGs https://www.youtube.com/watch?v=y73so-UV-X8

				Overhead Pass (Volley) https://www.youtube.com/watch?v=2f8I_Fb84LE https://www.youtube.com/watch?v=dn_rkWI7700
2	Volleyball	Serving Volley and dig	To be able to perform the serve technique. To be able to perform the volley and dig in a rally.	Partner drills https://www.youtube.com/watch?v=XE8wxJMxUdE Serving https://www.youtube.com/watch?v=E65rysfSWNQ https://www.youtube.com/watch?v=oO44w6NFpl4
3	Volleyball	Volley and dig	To be able to perform either the volley and dig in a 3 touch rally. Be able to apply skills in a game	Partner and group passing drills https://www.youtube.com/watch?v=XE8wxJMxUdE https://www.youtube.com/watch?v=hMy8hN_dk1c https://www.youtube.com/watch?v=oxZMxB_QYA8 https://www.youtube.com/watch?v=VYYWfukq_zg
4	Volleyball	Spike	To be able to throw the ball and contact ball with correct part of the hand. To be able to jump up and contact ball that is thrown/volleyed.	Learning how to spike drills https://www.youtube.com/watch?v=qGGNW151mro
5	Volleyball	Spike	To be able to spike a ball from a set.	Spike footwork https://www.youtube.com/watch?v=1UscFC5Ttx4 https://www.youtube.com/watch?v=r-d4atm9TnE Learning how to spike drills https://www.youtube.com/watch?v=qGGNW151mro
6	Volleyball	Game play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rules https://www.youtube.com/watch?v=OWCkPbzq81g 7 th grade game – 12 to 13 year olds https://www.youtube.com/watch?v=oDe6pthzSgo
7	Volleyball	Volleyball Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	

