

Year 9 Boys Topics

In year 9 we teach the following modules over the course of the year. Each module draws on prior learning from previous years 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.

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Topic	Rationale	Knowledge acquisition	Key vocabulary	Skills and enrichment
Rugby	To further develop the skills of rugby to outwit opponents.	Recap tackling	Tackle, cheek to cheek, wrap arms, pull knees, hold on, land on top, low	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.
		Ball presentation	Ball in two hands, turn to face team, present ball, cover up, contact	
		Introduce ruck	Ball in two hands, present ball, secure, clear out	
		Ruck development	Ball in two hands, present ball, secure, clear out, contested, pick and go, pass, second phase	
		Ruck refinement	Ball in two hands, present ball, secure, clear out, contested, pick and go, pass, second phase, third phase	
		Competitive games	Rules, attacking and defensive lines, tackle, ruck, support	
Badminton	To further develop the skills of badminton to outwit opponents.	Recap service, ready position	Racket, grip, underarm, backhand, serve, low, high, ready position, stance	Students are learning hand-eye coordination skills and net/wall tactics that can be transferred across a number of different sports. Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour.
		Develop the clear	Throw racket head, highest point, hit, hard, back of court, stance	
		Introduce the smash	Throw racket head, highest point, hit, hard, stance, downwards, close, net, flick wrist	
		Net play	Touch, step into net, short	
		Competitive games – singles	Rules, attacking, defending, tactics, agile, ready position, singles, scoring	
		Competitive games – doubles	Rules, attacking, defending, tactics, agile, ready position, doubles, scoring	
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.
		Heading	Eyes on ball, forehead, upwards, distance, accuracy, downwards	
		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	
Leadership with		Meaning of leadership, Communication	Leader, communication, attitude, respect, trust, planning, organisation, role model, verbal, non-verbal	Explore leadership skills and the role they play in sport. Recognise the need for
		Trust and communication	Trust, communication, verbal, non-verbal, responsibility	

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invasion games		Motivation and different leadership roles	Motivation, reward, intrinsic, extrinsic, value, leadership	leadership skills in life beyond school.
		Planning and organisation	Planning, organisation, prepare, evaluation, STEP (Space, Task/rules, Equipment, Participants)	
		Leadership within invasion games	Invasion games, organisation, planning, delivery, evaluation	
		Leadership within invasion games	Invasion games, , organisation, planning, delivery, evaluation	
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 lifestyle. In addition, develops teamwork, communication, independent thinking.
		Star exercise North and South	Control point, orientate map, North.	
		Head-to-head sprint	Timing, clockwise, anti-clockwise, sprint	
		Finding factors	Products, factors, prime numbers, prime factors	
		Team anagrams	Anagram.	
		Score competition	Timing	
Volleyball	To introduce the basic skills of volleyball to outwit opponents.	Introduce volleyball	Net, court, team, position, throw, catch, movement, high	Students are learning hand-eye coordination 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.
		Throw catch game	Net, court, team, position, throw, catch, movement, high, tactics	
		Introduce set technique	Set, high, fingers, bend, power, accuracy, pass	
		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	
Hockey	To further develop the skills of hockey to outwit opponents.	Dribbling open and closed side technique development through game play	Stick low, open side, reverse side, hand-eye coordination, bend knees, awareness, tactics	Students are learning hand-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop
		Passing technique development through game play	Push, slap, hit, open, reverse, side, awareness, tactics	

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		Creation of space attacking principles through game play	Movement, draw defender, communication, tactics, timing of pass	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.
		Defending principles through game play	Timing, organisation, shape, block, jab, body position, interception	
		Game tactic development	Tactics, draw defender, communication, shape, possession, space	
		Game tactic development	Tactics, draw defender, communication, shape, possession, space	
Health related fitness	To teach students about the components of physical fitness and how this knowledge can improve performance.	Fitness suite safety induction reminder	Safety clips, treadmill instructions, component of physical fitness, cardiovascular fitness, heart, lungs, endurance, Harvard step test, Cooper 12-minute run test	Students are learning how the different components of physical fitness can help them manage their own health and fitness. 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.
		Components of physical fitness	Strength, component of physical fitness, muscular strength, maximum, force, grip dynamometer test, 1 rep max	
		Components of physical fitness	Muscular endurance, component of physical fitness, repeated muscular contractions, tired, fatigue, one minute sit-up/press-up test	
		Components of physical fitness	Flexibility, component of physical fitness, range of movement, joint, stretch, sit and reach test	
		Components of physical fitness	Body composition, %, fat, muscle, bone, BMI	
		Components of physical fitness	Speed, distance, time, movement, 30 m sprint test	
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	
		Pairs cricket	Tactics, accuracy, fielding, batting, runs, overs, calling, teamwork, wicketkeeper	
		Pairs cricket	Tactics, accuracy, fielding, batting, runs, overs, calling, teamwork, wicketkeeper	
Athletics	Develop a more detailed	6 lessons – weather and facility dependent:	Speed, strength, power, standing start, reaction time. Pacing, cardiovascular fitness, determination, resilience.	To provide experiences of success and failure and acquire

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	understanding of fitness and its effects on performance. Use this knowledge to plan, prepare for and compete in a range of athletic competitions.	<ul style="list-style-type: none"> • Sprinting • Long distance • Throwing • Jumping • Relay 	Grip, power, strength, speed. Run up, take off, landing, speed, power, flight. Speed, communication, teamwork, problem solving, accuracy with baton.	resilience to cope with such situations.
Tennis	To further develop the skills needed to outwit an opponent in tennis.	Groundstrokes	Grip, stance, swing, follow through, letter C, lift the ball off the water, forehand, backhand, contact point	Students are learning hand-eye coordination skills and net/wall tactics that can be transferred across a number of different sports. Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour.
		Half court singles	Single, half court, Rules, court, movement, tactics, scoring, deuce, advantage	
		Serving	Serve, ball toss, highest point, throw racket head, follow through, accuracy, service box	
		Volleying	Approach net, forehand, backhand, volley, accuracy	
		Single ladder	Singles, ladder, tactics, game play, scoring, deuce, advantage	
		Doubles play	Doubles, tactics, game play, scoring, deuce, advantage	
Striking and fielding - softball	To introduce the basic skills of softball in order to outwit opponents.	Introduce basic rules	Batter, fielder, base, batting square, softball, foul, ball, strike, backstop	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.
		Fielding technique – communication	Accuracy, hand-eye coordination, overarm, underarm, long barrier, soft hands, give, accuracy, hand-eye coordination, calling, base number	
		Batting technique – feet placement	Bat up, location of fielders, foot position, hand-eye coordination, swing	
		Rule development: catch = no stealing base	Catch, runners, return to base, communication, location of fielders	
		Game play – double out	Catch, runners, return to base, communication, location of fielders, speed, double out	

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		Game play – triple out	Catch, runners, return to base, communication, location of fielders, speed, triple out	