



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Link to prior learning
NETBALL	Autumn/Spring	• More advanced passing • Dodging • Footwork – on the run • Creating space • Positions on court – playing a variety of different positions • Defending – including defending in the circle • Centre pass / backline systems	• Use a range of different passes developing strength and accuracy • Identifying different opportunities to dodge away from another player to create space. • Holding space • Developing the use of correct footwork in a game situation	• Applying these skills to a game situation and recognising when to use different passes and different movement patterns • Being able to play in a variety of different positions	Prior learning of catching and throwing in previous years, fundamentals of basic skills learnt in Y7 and developed in Y8 allow students to think about applying these skills into a more advanced game situation
GYMNASTICS	Autumn/Spring	• Focus on flight • Use of trampettes • Variety of different shapes • Vaulting using flight to mount onto and dismount off apparatus • Flight incorporated into sequences	• Variety of different shapes • Guided discovery enables students to develop own dismounts from apparatus safely, using different shapes • Introduce flight into sequences	• Sequences developed to include flight, linked with travelling movements • Skills developed to be used in GCSE gymnastics unit / sequences	Links back to Y8 gymnastics curriculum of travelling and balance and can also link back to learning from primary school of different ways of moving the body and creating shapes
TABLE TENNIS	Autumn/Spring	• Introduction of basic skills • Rallying – forehand and backhand • Serving • Scoring • Rules for singles and doubles games	• Forehand and backhand shots • Serving correctly • Difference between singles and doubles play • How to score correctly • Knowledge of rules to umpire	• Knowledge of rules and tactics can be developed during KS4.	Some similarities from playing tennis. How to collaborate with a partner to communicate and play effective doubles



FITNESS	Autumn/Spring	• Components of fitness including; • Speed, cardiovascular endurance, muscular endurance, agility and power • Resilience and determination • Planning personal exercise programme	• Focus on improving each student's fitness levels in order to support and challenge them in further PE lessons and in other activities • Developing knowledge of the importance of regular exercise and knowing the ability of your own body • Encourages determination and an innate effort to keep on going to achieve goals	• Improved fitness will contribute to increased energy and effort levels in other topic areas in PE such as hockey and netball	Links back to Y7 and Y8 fitness and should now be able to show continued increase in fitness levels, more endurance, better technique of exercises
FOOTBALL	Autumn/Spring	• Passing • Tackling • Dribbling • Shooting • Full sided games • Spatial awareness • Roles of attackers / defenders / midfield players • Experience playing all positions	• Development of skills learned in Yr7 and Y8 (passing/dribbling/tackling) and the use of these in a competitive situation to outwit an opponent • Introduction of more advanced skills such as shooting to apply to full sided games • Continued development of spatial awareness and pass/shot selection in a game scenario	• Further links to GCSE football curriculum, increased size of match play and awareness of positioning on the pitch • Transfer of spatial awareness to Tag Rugby in Y10	Previous links to skills learned in Y7 and Y8 and the progression of these into full-sided games, thinking of how to beat an opponent and use different styles of passing and dribbling at speed
ATHLETICS	Summer	• Track and field events • 100m, 200m, 800m, Relay • Long Jump, Triple Jump, High Jump, Shot, Discus, Javelin • Measuring distances • Sprint Starts	• Develop technique of different athletics events (glide in shot-putt and run-up in javelin). • Challenge to improve on any scores/times gained in Yr8 Athletics lessons	• Potential links to GCSE Athletics; times and measurements, technique and preparation/execution phase of events	Links back to Y7 and Y8 athletics where technique has been learned and now needs to be developed to improve their result/time



		• Pacing	• Gaining knowledge of correct technique of measuring jumps and throws • Record and keep track of own distances and times to allow for improvement in further attempts		
ROUNDERS	Summer	• Bowling • Catching • Throwing • Batting – include backhand • Fielding – backstop/outfield • Fielding on bases • Scoring • Umpiring • Tactics	• Development of knowledge of the game • Development of throwing and catching skills which will contribute to a better team performance in a game scenario • Continued development of batting technique and potential learning of advanced hitting • Knowledge of where to field the ball during a game to potentially get a batter out • Knowing when points should/should not be awarded during a game (knowledge of rules) • Be able to play a variety of different positions	• Links to Yr10 curriculum and improving batting, bowling and fielding • Development of tactics and awareness during a game to give your team an advantage and reduce the opposition's chances of scoring	Fundamental rounders skills learnt in Y7 and Y8, bowling technique should develop now in Y9 and a better understanding of rules of the game in order to be able to take on the role of umpire



TENNIS	Summer	• Forehand shots (return, volley) • Backhand shots (return, volley) • Serving • Scoring • Doubles/singles	• Basic forehand and backhand shots learned in Yr7 and Y8 now developed to improve accuracy and power • Play groundstrokes with topspin • Development of serving from the baseline where possible. • Knowledge and understanding of scoring developed and difference between doubles and singles game play	• Links to Yr10 with improved knowledge of scoring, tactics and match play for both doubles and singles	Links from Y7 and Y8 tennis curriculum, development of simple skills to be used in a more competitive scenario
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