

Year 9 Curriculum Intent – Long Term Plan

| Timing | Advent 1 | Advent 2, Lent 1, Lent 2 | Pentecost 1 | Pentecost 2 |
|-------------------------|---|--|--|--|
| Topic Focus | Invasion games | Athletics activities, gymnastics, dance, fitness, net games, Invasion games | Athletics | Striking & fielding Net games |
| Key Knowledge | <p>More developed skills in netball, football and rugby</p> <ul style="list-style-type: none"> • Passing & receiving • Attacking and defending • Knowledge of rules & tactics • Movement on & off the ball • Understanding of the game • To be able to take on various roles within the game such as an official / leader | <p>Cross country - more advanced & challenging courses</p> <ul style="list-style-type: none"> • Pace setting • Running terrain <p>Outdoor education – to develop team building skills through various challenges</p> <p>Gymnastics – to develop more complex skills & routines</p> <ul style="list-style-type: none"> • Developing technique & performance in range of skills & styles • Development of routines • Develop peer observation skills <p>Dance – to experience different forms of fitness based dance</p> <p>Fitness</p> <ul style="list-style-type: none"> • Understanding of how to produce a fitness programme • Understanding of the principles of training and how these effect performance • Understanding of how to devise a fitness circuit • Understanding of fitness tests, how to carry these out and what they measure <p>Badminton</p> <ul style="list-style-type: none"> • Learn a range of more advanced skills to outwit an opponent <p>Basketball & hockey to develop more advanced skills of :</p> <ul style="list-style-type: none"> • Passing & receiving • Attacking and defending • Knowledge of rules & tactics • Movement on & off the ball • Understanding of the game <p>Handball – to introduce to the game</p> <ul style="list-style-type: none"> • Passing & receiving • Attack & defence • Knowledge of rules & tactics • Game play & understanding the game | <p>To increase knowledge & understanding of Athletics skills in a range of</p> <ul style="list-style-type: none"> • Running events • Throwing events • Jumping events • Knowledge of rules • Learn the role of the official <p>To select range of events and improve performance and knowledge of these</p> | <p>To learn more advanced skills in Rounders / cricket</p> <ul style="list-style-type: none"> • Throwing skills • Striking skills • Fielding skills • Knowledge of rules & tactics • Understanding of the game <p>Tennis</p> <ul style="list-style-type: none"> • Learn a range of skills to outwit an opponent • Learn and understand how to umpire both singles and doubles games |
| Cultural Capital | <ul style="list-style-type: none"> • Teamwork | <ul style="list-style-type: none"> • Develop confidence & interest to get involved in sport & exercise • Teamwork | <ul style="list-style-type: none"> • Health & well-being | <ul style="list-style-type: none"> • Develop confidence & |

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| | <ul style="list-style-type: none"> • Health & well-being • Learning & taking on other roles • Respect – others Rules Officials | <ul style="list-style-type: none"> • Health & well-being • Respect • Resilience | <ul style="list-style-type: none"> • Learning & taking on other roles • Respect – others Rules Officials | <p>interest to get involved in sport & exercise</p> <ul style="list-style-type: none"> • Teamwork • Health & well-being • Respect • Resilience |
| Local Context | <p>Signposting to local club links</p> <p>Link to ESSA competition structure</p> <p>Creating opportunities for lifelong participation</p> | <p>Signposting to local club links</p> <p>Link to ESSA competition structure</p> <p>Creating opportunities for lifelong participation</p> | <p>Signposting to local club links</p> <p>Link to ESSA & DSSA competition structure</p> <p>Creating opportunities for lifelong participation</p> | <p>Signposting to local club links</p> <p>Link to ESSA competition structure</p> <p>Creating opportunities for lifelong participation</p> |
| Interrelated domains – Links with other subjects | <p>Learning for life</p> | <p>Learning for Life</p> <p>Science</p> <p>Geography</p> | <p>Maths</p> | <p>Maths</p> |