



# YEAR 9 Autumn TERM

'An ambitious curriculum that meets the needs of all'

## Medium Term Planning - Topic: Rugby, Basketball, Handball, Dodgeball, Cross Country, Volleyball, Netball



### Curriculum Intent

In addition to working further on objectives from Year 8, pupils will be taught, following National Curriculum guidelines, the following this term:

#### Rugby- Boys

- To further develop the fundamental principles of play when selecting and applying tactics for defending and attacking including passing, receiving, tackling, and beating an opponent through conditioned situations
- To use core skills and implement them in different competitive situations to achieve an outcome.
- To focus on developing, implementing, and refining team and individual game plans to outwit opponents.
- To understand games rules, play several roles and physically exert themselves throughout.

#### Basketball – Boys

- To further develop the fundamental principles of play when selecting and applying core skills including passing, receiving, dribbling, intercepting, dodging, lay-ups, and shooting.
- To focus on developing, implementing, and refining team and individual game plans to outwit opponents
- To use core skills, replicate them in different competitive situations to achieve an outcome.
- To demonstrate full understanding of games rules, play a select position and physically exert themselves throughout.

#### Handball - Girls

- To further develop the fundamental principles of play when selecting and applying tactics for defending and attacking including passing, receiving, dribbling, tackling, and beating an opponent
- To focus on developing, implementing, and refining team and individual game plans to outwit opponents.
- To plan strategies and implement them in different situations in a Handball game.

#### Dodgeball – Girls

- To further develop the fundamental principles of play in dodgeball, including selecting and applying tactics for defending and attacking, such as throwing, catching, dodging, and evading opponents.
- To focus on developing, implementing, and refining team and individual game plans to outwit opponents.
- To plan strategies and implement them in different situations in a dodgeball game.

#### Cross Country – Boys and Girls

- To further develop the fundamental principles of cross country running, including selecting and applying strategies for pacing, endurance, terrain navigation, and energy management.
- To focus on developing, implementing, and refining individual and team training plans to optimize performance and outpace competitors.

### Skills/National Curriculum Links

	<ul style="list-style-type: none"> <li>To plan race strategies and implement them in different situations in a cross country race.</li> </ul> <p><b><u>Volleyball – Girls + Boys</u></b></p> <ul style="list-style-type: none"> <li>To further develop the fundamental principles of play when selecting and applying core volleyball skills, including passing, setting, serving, receiving, spiking, blocking, and digging.</li> <li>To focus on developing, implementing, and refining team and individual game plans to outwit opponents.</li> <li>To use core volleyball skills and replicate them in different competitive situations to achieve an outcome.</li> <li>To demonstrate a full understanding of the game's rules, play a specific position, and physically exert themselves throughout.</li> </ul> <p><b><u>Netball- Girls</u></b></p> <ul style="list-style-type: none"> <li>To further develop the fundamental principles of play when selecting and applying core skills including passing, receiving, pivoting, intercepting, dodging, and shooting.</li> <li>To focus on developing, implementing, and refining team and individual game plans to outwit opponents</li> <li>To use core skills, replicate them in different competitive situations to achieve an outcome.</li> <li>To demonstrate full understanding of games rules, play a select position and physically exert themselves throughout.</li> </ul>
<b>Cross Curricular Links</b>	<p><b>SMSC:</b> Learning to express yourself and respect other people's views.</p> <p><b>PSHE/British Values:</b> Understand the importance of sportsmanship and the British Values of tolerance and respect for others that are linked to sport. Highlight possible character-building opportunities through sport-based activities and discuss the need to stay healthy and active throughout life.</p> <p><b>Literacy:</b> Use of sport specific (subject specific tier 3) e.g., dodging, forehand with topspin, agility etc. terminology in relation to the activity and tier 2 terminology (general academic language) e.g., apply, identify, accuracy etc.</p> <p><b>Numeracy:</b> Numbers, keeping score of games</p> <p><b>Skills Builder:</b> Teamwork, leadership, decision making, problem solving, communication, creativity, staying positive.</p>
<b>Becoming future ready</b>	<p><b>Personal Skills:</b> Participating in physical activity allows learners to develop their leadership, communication, decision-making skills which students can take with them into the world of work. Teamwork would allow a learner to work in a team effectively in several situations.</p> <p><b>Careers/Employability:</b> Reference should be made to the options, roles, and potential careers in the sports industry. These might include sports coaching, teacher, journalism, management and business, injury, and rehabilitation. Learners will have the opportunity to experience different roles within sport, for example, performer, captain, coach and referee/umpire.</p>
<b>Adaptation</b>	Throughout this topic, quality first teaching will provide differentiation:
<b>QFT/SEND Provision</b>	<p><b>By product:</b> different learners are asked to present outcomes in a different way via isolated situations, small sided conditioned games, full competitive situations etc.</p> <p><b>By resource:</b> resources used will appeal to the range of preferred learning styles of pupils, e.g., visual, auditory, or kinesthetic learners. Worksheets are clearly presented and accessible. Equipment and resources used appropriately differentiated e.g., ball size, changing distance, goal size.</p> <p><b>By Intervention:</b> by providing different levels of supervision and support</p> <p><b>By Progressive Questioning:</b> exploring pupils' understanding through interactive dialogue.</p> <p><b>By Grouping:</b> according to prior attainment, gender, social preference, preferred learning style.</p>

	<p><b>By Task:</b> Pupils should be involved in the identification of targets which are meaningful to them and in the selection of an appropriate task from the given range.</p> <p><b>By Offering Optional Activities:</b> In class or as homework, to extend learning.</p> <p>This QFT/SEND provision will be explicit within the lesson-by-lesson schemes of work.</p>
<p><b>Implementation Curriculum Delivery</b></p>	<p>To be able to:</p> <p><b><u>Rugby- Boys</u></b></p> <ul style="list-style-type: none"> <li>• Accurately replicate prior learnt types of passes and be able to perform these in game situations to retain ball possession and outwit the opposition.</li> <li>• Describe the difference in rules of rugby union and league.</li> <li>• Develop knowledge and understanding of strategic play used to outwit opponents.</li> <li>• Develop and refine tactics based on the analysis of opponents.</li> <li>• Develop knowledge and understanding of how to perform a ruck the roles of support players</li> <li>• Accurately replicate the correct tackling and rucking technique and develop an understanding of the safety aspects and rules of tackling and offside.</li> <li>• Develop the ability to perform a small line out with the correct technique.</li> <li>• Develop an understanding of how a line out is formed and the necessary positions.</li> <li>• Develop knowledge and understanding of how to form a small 3-man scrum and when a scrum is used.</li> <li>• Accurately integrate scrummage skills into small, sided game after an infringement.</li> <li>• Demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</li> <li>• Accurately replicate actions and tactical sequences whilst demonstrating knowledge and understanding of the rules of rugby.</li> </ul> <p><b><u>Basketball – Boys</u></b></p> <ul style="list-style-type: none"> <li>• Develop an understanding of the benefits of passing and where different types of passes should be used E.G Bounce pass, chest pass, shoulder pass.</li> <li>• Demonstrate the ability to use a variety of passes to successfully outwit an opponent and apply these to small, sided games.</li> <li>• Perform and accurately replicate different types of dribbling with control, speed, and fluency in pressured situations.</li> <li>• Develop an ability to outwit opponents with the combination of advanced turns and dribbles, making decisions about how best to advance on the opposition.</li> <li>• Accurately execute a variety of shooting techniques on goal i.e., Lay-up, backboard shooting, jump shot, free throw. Develop knowledge and understanding of how to execute a successful shot on goal whilst appreciating how to adjust shot selection based on opponents positioning.</li> <li>• Develop an understanding of how to stop attack effectively.</li> <li>• Accurately execute different types of defensive techniques in varying situations i.e., jockeying, goal side, closing.</li> <li>• Accurately performer crosses using varying height, speed, and positioning.</li> <li>• Develop creativity in developing new strategies in attack and defense and understanding techniques used to stop opponents outwitting them i.e., goal side, man to man, half court defending tactics.</li> <li>• Demonstrate the ability to outwit an opponent in a competitive game situation using the appropriate skills and techniques.</li> </ul> <p><b><u>Handball- Girls</u></b></p>
<p><b>Learning Outcomes (Knowledge)</b></p>	

- Develop an understanding of the benefits of passing and where different types of passes should be used i.e., over defense line.
- Demonstrate the ability to use a variety of passes to successfully outwit an opponent and apply these to small, sided games.
- Perform and accurately replicate different types of dribbling with control, speed, and fluency in pressured situations.
- Develop an ability to outwit opponents with the combination of advanced turns and dribbles, making decisions about how best to advance on the opposition.
- Accurately execute a variety of shooting techniques on goal i.e., low drive, chip, volley.
- Develop knowledge and understanding of how to execute a successful shot on goal whilst appreciating how to adjust shot selection based on opponents positioning.
- Develop an understanding of how to stop attack effectively.
- Accurately execute different types of defensive techniques in varying situations i.e., jockeying, goal side, closing.
- Accurately perform crosses using varying height, speed, and positioning.
- Develop creativity in developing new strategies in attack and defense and understanding techniques used to stop opponents outwitting them i.e., goal side, man to man tactics.
- Demonstrate the ability to outwit an opponent in a competitive game situation using the appropriate skills and techniques.

#### **Dodgeball – Girls**

- Develop an understanding of the benefits of throwing and where different types of throws should be used, such as high or low throws to target opponents effectively.
- Demonstrate the ability to use a variety of throws to successfully outwit an opponent and apply these in small-sided dodgeball games.
- Perform and accurately replicate different types of dodging with control, speed, and fluency in pressured situations.
- Develop an ability to outwit opponents with a combination of advanced dodges and evasive maneuvers, making decisions about how best to avoid being hit and advance on the opposition.
- Accurately execute a variety of throwing techniques, such as fast throws, lob throws, and curve throws.
- Develop knowledge and understanding of how to execute a successful throw while appreciating how to adjust throw selection based on opponents' positioning.
- Develop an understanding of how to stop an attack effectively.
- Accurately execute different types of defensive techniques in varying situations, such as blocking, dodging, and team coordination.
- Accurately perform throws using varying angles, speeds, and techniques.
- Develop creativity in developing new strategies in attack and defense, understanding techniques used to stop opponents from outwitting them, such as team formations and targeted throws.
- Demonstrate the ability to outwit an opponent in a competitive dodgeball game using the appropriate skills and techniques.

#### **Cross Country – Boys and Girls**

- Accurately replicate previously learned pacing strategies and be able to perform these during races to maintain stamina and outpace competitors.
- Develop knowledge and understanding of strategic race planning used to outwit opponents.
- Develop and refine race tactics based on the analysis of the course and competitors.
- Develop knowledge and understanding of how to navigate various terrains and the roles of pacing and energy management.
- Accurately replicate the correct running form and develop an understanding of the safety aspects and rules of cross country running.

- Accurately replicate running strategies and tactical sequences while demonstrating knowledge and understanding of the rules of cross country running

### **Netball - Girls**

- Demonstrate knowledge and understanding of netball rules.
- Accurately demonstrate an ability to execute a variety of passes at speed and with control whilst performing these in small, sided games.
- Accurately make decisions about sending and receiving the ball into a space and positioning to receive a pass.
- Accurately demonstrate the ability to outwit opponents using a variety of techniques and passes with accuracy and timing.
- Develop and refine strategic and tactical play and adapt ideas based on successful outcomes.
- Demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies.
- Accurately perform skills in small, sided game situations making decisions about how best to advance on the opposition.
- Accurately replicate effective marking techniques and intercept any passes.
- Accurately demonstrate the ability to successfully outwit opposition when applying defensive principles and when devising game plans.
- Select advanced tactics to outwit opposition, evaluate tactical outcomes and consider how to improve performance.
- Develop knowledge and understanding on how to adapt game plans in response to the opposition and the state of the game.
- Accurately demonstrate the ability to outwit an opponent in a competitive situation using the appropriate skills and techniques.

### **Volleyball – Girls and Boys**

- Demonstrate knowledge and understanding of volleyball rules.
- Accurately demonstrate an ability to execute a variety of passes, such as forearm passes and overhead sets, at speed and with control during small-sided games.
- Accurately make decisions about setting and receiving the ball into a space and positioning to receive a pass.
- Accurately demonstrate the ability to outwit opponents using a variety of techniques and passes with accuracy and timing.
- Develop and refine strategic and tactical play, adapting ideas based on successful outcomes.
- Demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies.
- Accurately perform skills in small-sided game situations, making decisions about how best to advance on the opposition.
- Accurately replicate effective blocking techniques and intercept any attacks.
- Accurately demonstrate the ability to successfully outwit opposition when applying defensive principles and when devising game plans.
- Select advanced tactics to outwit the opposition, evaluate tactical outcomes, and consider how to improve performance.
- Develop knowledge and understanding of how to adapt game plans in response to the opposition and the state of the game.

<b>Current learning to be developed in the future within:</b>	Pupils will build upon the skills developed when these sports are revisited in Year 10. Pupils will be able to use the skills developed in these sports in the future lessons in the spring and summer term.
<b>Assessment</b>	Refer to assessment maps for formative and summative assessment opportunities.
<b>Impact</b>	Attainment and Progress – Refer to assessment results / data review documentation.