



**Academic Learning Plan
Year 9 PE**

The specific order of activities is individual to each teaching group and can be found on the programme of study document. The activity order for each group considers the seasons of various sports as well as the need and availability of the required facilities and resources (i.e. gymnastics requires access to the sports hall, rugby season in Somerset schools is in the autumn term). Minor differences in the boy's/girl's curriculum reflect the needs of South Somerset School's interschool fixtures. Where a sport is not covered by a boy's or girl's group in curriculum time, opportunities exist to participate in the sport during extra-curricular time. Over the 5-year learning students will experience every sport at least twice in curriculum time. Students will also take part in drop-down cross-country lessons throughout the year.



	Rugby	Hockey	Netball (Girls)	Football	Basketball (Boys)	Badminton	Table Tennis	Athletics	Cricket (Boys)	Rounders (Girls)
Skills	<p>Passing and receiving at speed and larger distances (spin passing) Kicking (drop, grubber and box) & catching Line outs Mauling Passing out of the tackle 5-man scrums Jackling Side stepping Dummy passes Hand off</p>	<p>Passing (push, drive) and receiving Tackling (block, jab) Dribbling (push, tap) Attacking principles Defending principles (marking – player with ball) Shooting Set plays – short corners Positions Gameplay Officiating/refereeing</p>	<p>Passing Shooting Footwork / Ball Handling Positions Outwitting opponents Role of umpire/officiating Defending principles – marking</p>	<p>Control (using both feet) Passing & receiving (dominant foot) Shooting (short/long) Dribbling (both feet) Heading Tackling (block, jockeying) Attacking as a team Maintaining possession Use of width Defending principles and roles (i.e. man marking) Team formations Set plays (corners, free kicks, throw ins)</p>	<p>Passing & Receiving – chest pass, bounce pass, overhead pass Dribbling & Pivoting Shooting – Set shot and Lay-up Marking Rules and Scoring Gameplay</p>	<p>Low/high/Flick serve Overhead clear Drop Shot Lift/Underarm clear Smash Drive Shot disguise</p>	<p>Forehand – chop and top spin Backhand – chop and top spin Serve – high toss, spin Rules and Scoring Gameplay</p>	<p>Jumps – long jump, high jump, triple jump Throws – shot putt, javelin, discuss Sprints – 100m, 200m, 300m, 400m Long distance – 800m, 1500m Pacing, Sprint starts, bend running, take out and landing, travel and release phase</p>	<p>Batting – front foot and back foot Bowling – overarm Fielding – catching, throwing, ground fielding Wicketkeeping – stood up/back Rules and scoring</p>	<p>Bowling Fielding Batting Positional roles Tactics Officiating / umpiring</p>
Knowledge	<p>Passing tactics (loops, misses, switches, dummies). Positional requirements Pitch markings Breakdown management</p>	<p>Understand the different types of passes. Understand when and where to pass/shoot/tackle. Recognise whilst playing if others infringe the rules. Can describe some of the more advanced rules of the game. Is a able to explain, coach and umpire a game with a good level of success. Advanced tactics – attacking, defensive positions. Know location of local clubs.</p>	<p>Understand the four types of passes. Understand when and where to pass/shoot/dodge. Recognise whilst playing if others infringe the rules. Can describe some of the more advanced rules of the game. Is a able to explain, coach and umpire a game with a good level of success. Advanced tactics – attacking, defensive positions. Know location of local clubs.</p>	<p>Understand how to control the ball using both feet. Understand when and where to pass/shoot/dribble/tackle. Understand how to use different parts of your foot to put power on shots and passes. Recognise if others infringe the rules. Can describe some of the more advanced rules of the game. Is able to explain, coach and umpire a game with a good level of success. Advanced tactics. Know locations of local clubs.</p>	<p>Recognise whilst playing if others infringe the rules. Can describe some of the more advanced rules of the game. Is able to explain, coach and umpire a game with a good level of success. Know location of local clubs</p>	<p>Rules Scoring Single tactics Double tactics Selecting & applying shots Court positioning Singles/doubles court differences</p>	<p>Knows the more complex rules and ensures they are applied whilst umpiring. Has a great tactical knowledge and awareness when playing which aids their performance. Know location of local clubs</p>	<p>Can identify distances and start lines for all key track events. Can describe how the body reacts at different times and how this affects performance. Can explain which types of fitness are important for Athletic events (Sprinting = speed, throws = power/m.strength, running= m. endurance/CV fitness) Estimating distance of throws/jumps – estimating times for runs. Know location of local clubs</p>	<p>Is able to correct others if they do not apply the rules of the game correctly whilst playing. Can describe some of the more advanced rules of the game. Can explain which types of fitness are important for S & F sports (coordination). Effective decision making for running between the wickets – apply principles of attack and defence</p>	<p>Is able to correct others if they do not apply the rules of the game correctly whilst playing. Can describe some of the more advanced rules of the game. Can explain which types of fitness are important for S & F sports (coordination). Advanced tactics. Know location of local clubs.</p>
Key Words	<p>Full back, scrum half, front row, prop, hooker, second row/locks, fly half, winger, centres, jackling.</p>	<p>Short corner, 16 yard hit out, slap hit, drag, penalty flick, obstruction, right wing, left wing, centre forward, inside right, inside left, centre half, right half, left half, right back, left back push, drive, hit, slap, reverse, block, jab, zonal, man marking</p>	<p>Chest pass, overhead pass, bounce pass, shoulder pass. Rebounds, Footwork, court positions, held ball, replayed ball, obstruction, Stage 1 / stage 2 / stage 3 defending, dodging, pivoting</p>	<p>Left back, right back, centre back, wing, centre midfielder, striker, attacking midfielder, defending midfielder, jockeying, closing down, goal side, 1-2, man on, switch, volley, zonal, man marking, jockeying, block tackle, lofted.</p>	<p>Lay-up Dribbling BEEF – set shot Double dribble Chest/bounce/overhead pass Pivot Travelling Marking</p>	<p>Rally point, racket, shuttle, court, serve, smash, overhead clear, rally</p>	<p>Table, Net, Bat, Ball Serve, return Chop/slice Top/side spin Block Forehand and backhand Smash</p>	<p>Javelin Discuss Shot putt Sprint Long distance Pacing Long Jump Triple Jump High jump</p>	<p>Batter Bowler Wicketkeeper Bat, ball, stumps, bails Boundary (four and six) Wide, no ball, not out, out Straight drive Pull/cut shot</p>	<p>Donkey drop, spin, batting order, field placements, long barrier, backing up, batting – placement of hit</p>
Assessment	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>

Enrichment

Students have numerous opportunities to enrich what they have learnt in lessons through regular lunchtime and afterschool clubs, fixtures, inter- house games, as well as the opportunities to lead and officiate during Crewkerne and Ilminster School Partnership (CISP) primary sports events. Current lunch and afterschool club timetables can be found on the PE section of the school website.