

Year 9	UNIT TITLES	Learning Objectives	Assessment
<p>Autumn Term 1 Sept – Oct</p> <p>Autumn Term 2 Nov - Dec</p>	<p>Module One: Trampolining</p> <p>Module Two: Volleyball</p>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • The knowledge and skills of Trampolining • Understand the principles of Trampolining, devising simple sequences individually and for others. • Develop skills of coaching, development and appreciation of body shape and aesthetic quality <p>Pupils will learn to:</p> <ul style="list-style-type: none"> • Extend range of individual skills. • Understand where to stand on court for attack and defence. 	<ul style="list-style-type: none"> • Individual practical Assessment. • Use at least one advanced jump in my routine. • Can make up my own routine using the tariff system. • Routine shows precision and control. • Assessment in Game situation. • Consistently perform digs and volleys. • Use a smash shot in the game. • Serve either under or over arm. • Able to score other game.

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<p>Spring Term 1 Jan - Feb</p>	<p>Module Three: Fitness</p>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • The components of fitness in a practical way leading into the GCSE PE. 	<ul style="list-style-type: none"> • Practical and Theory Assessment. • Name all the components of fitness. • Name and describe a test for each one. • Perform an effective cool down and explain why it is important. • Display correct technique for 6 activities.
<p>Spring Term 2 Mar - Apr</p>	<p>Module Four: Dance</p>	<p>Pupils will:</p> <ul style="list-style-type: none"> • Consolidate knowledge, skills and principles of dance genres. • Work on choreographic devices to help them choreograph several dances. • Use key words when evaluating dance. • Understand fully how to evaluate a piece of dance. 	<ul style="list-style-type: none"> • Practical and Theory Assessment. • Perform and create outstanding movements with accuracy and consistency. • Develop ideas and make them unique and interesting. • Identify my own strengths and weaknesses within the performance and give effective feedback. • Lead with confidence and work well in a group.

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<p data-bbox="210 411 434 499">Summer Term 1 May - Jun</p> <p data-bbox="210 818 434 906">Summer Term 2 Jun - Jul</p>	<p data-bbox="488 411 674 499">Module Five: Netball</p> <p data-bbox="488 874 674 962">Module Six: Athletics</p>	<p data-bbox="999 411 1162 443">Pupils will:</p> <ul data-bbox="1048 475 1581 611" style="list-style-type: none">• Extend their individual skills by observing and coaching each other.• Be able to recognise good technique and successful team tactics. <p data-bbox="999 850 1162 882">Pupils will:</p> <ul data-bbox="1048 946 1592 1129" style="list-style-type: none">• Extend knowledge and technique with regards to throwing events.• Develop efficient techniques for jumping.• Effectively measure/time and record.	<ul data-bbox="1693 411 2087 1169" style="list-style-type: none">• Theory and Practical Assessment• Take part actively in the game and understands her position in the game.• Describe and perform 3 centre pass systems.• Evaluate and analyse how a player can improve in future games.• Has knowledge of the rules.• Practical Assessment• Discus and Shot Put• Long and High jump• Run with good style and ease.• Improve times and distances in every lesson

