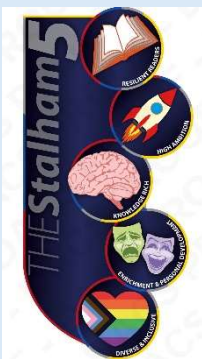





















































Subject: Physical Education

Year: 9

Half -Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Themes/ Content/ Units covered 	Volleyball To understand the rules and rotation of volleyball games    To effectively perform set and dig shots in game situations  To be able to describe how to perform a spike shot  To develop the timing to perform	Handball To effectively use the dribble with non-dominate hand.  Understand how to position your body for catching the ball frontal, sideways and backwards  Use a repertoire of shooting techniques.  Development of zonal defence and	Gymnastics Understand how to take off and land safely  To be able to describe health and safety of the equipment and the performer.  To analyse other performance and provide feedback on how to improve skills     To understand how to perform squat	Rugby To pass with both hands in either direction and to develop spin on the ball.  To be able to kick and receive a kick without knocking on.  To evaluate when kicking is necessary in a game.     Applying jackalling and counter-	Athletics To develop effective body posture for sprinting in 100m and 200m  To understand how to use arm, leg and head actions to support effective sprinting in 100m and 200m  To understand and develop technique for the discus.  	Strike and Field Evaluate choices in batting stance.  Development of directing the ball in the field in relation to opposition  To apply techniques to introduce spin and variation of speeds and heights in bowling.   To evaluate bowling techniques in a



Stalham High School - Subject Curriculum Overview

	<p>an accurate block shot </p> <p>To be able to implement footwork and court positioning. </p> <p>To develop accuracy in playing the ball from the back court play. </p> <p>To be able to communicate to create strategies to gain an advantage in a game </p>	<p>defensive line strategies. </p> <p>To evaluate the use of varied offensive strategies in a competitive situation </p> <p>To be able to self-assess performance. </p>	<p>vault on various equipment </p> <p>To develop speed and power to assist with effective squat through vaults </p> <p>To support other performers on the equipment </p> <p>Understand the phases of a handspring </p> <p>To be able to self-assessment performance and create an action plan of how to improve </p>	<p>rucking to existing knowledge of rucking </p> <p>To beat opponents through feint, swerve, dummie, switching, other set plays. </p>	<p>Continuing to develop analysing develop head, arm and leg action and sprint starts in 100m and 200m </p> <p>Develop grip and preparation, release phase, throwing actions and recovery phase in discus. </p> <p>Understand how to optimise each phase of the triple jump to create power. </p> <p>Develop use of arms and legs during take off phase in triple jump. </p>	<p>competitive situation </p> <p>Implement stopping the ball using long barrier. </p> <p>To recap on underarm and overarm throwing and catching, then developing effectively into a game situation </p>
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