

Year 9 Curriculum Overview Physical Education 2023-24

	Rotation 1 & Rotation 2	Rotation 3
Unit Title	Invasion games, net and wall games and Leadership	Striking and fielding and athletics
Approximate Number of Lessons	6 lessons on each sport.	6 lessons on each sport
Curriculum Content	<ul style="list-style-type: none"> - Football - Netball - Tag Rugby - Handball - Fitness - Basketball - Badminton/Short Tennis - World Sport - OAA/Problem solving 	<ul style="list-style-type: none"> - Cricket - Rounders - Athletics - Short Tennis - Leadership
Links to prior learning	Develop and refining skills learnt in year 8.	Develop and refining skills learnt in year 8.
Cultural Capital Opportunities	Keep up to date with current events in sport. Watch live sport. Attend a local sporting event. Attend extra-curricular clubs at MCA. Attend: <ul style="list-style-type: none"> - Mildenhall/Brandon/Lakenheath Football Club - Mildenhall Pirates/ Bury Bulldogs Basketball club - Breckland Netball Club - Badminton at The Hub Mildenhall. - The Gym at Mildenhall Hub - JNR Park run at Mildenhall Hub 	Watch live cricket/rounders/athletics events. Keep up to date with current events in sport. Attend extra-curricular clubs at MCA. Attend: <ul style="list-style-type: none"> - Mildenhall Cricket Club/ Worlington Cricket Club - Attend West Suffolk Athletics Club/ Thetford Athletics Club
Assessment Focus	Teacher assessment of skill development throughout the units using the Heart, Head, Hands, TRAITS assessment model.	Teacher assessment of skill development throughout the units using the Heart, Head, Hands, TRAITS assessment model.
Name of Knowledge Organiser	Year 9 sport specific knowledge organisers.	Year 9 rounders/cricket/athletics/Short Tennis knowledge organisers.

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Year 9 CRICKET



Key Terminology

What words do I need to know and use?

Hook, pull, wicketkeeper, cut, throw, off stump, middle, leg, stump, bouncer, yorker, line, length, pitch, attacking, defending, strategy

Further Opportunities

Where can I play Cricket outside of school?

Mildenhall CC, Worlington CC, Lakenheath CC, Bury St Edmunds CC, MCA after school club

What can I do at home to improve?

Youtube- Sky Sports Cricket Master class
Practice catching or bowling in the back garden

Basic Rules

A no ball can be call if the ball is above waist height
LBW is given when the ball hits your leg (or body) and would have gone on to hit the stumps
When playing hardball cricket you must wear a helmet
Each time a team bats this is known as an innings



Important components of fitness

Agility	When a wicketkeeper needs to take a diving catch
Muscular strength	To hit the ball further
Speed	When running between the wickets as a batsman
Flexibility	When bowling and rotating your bowling arm
Reaction time	When trying to hit the ball bowled by fast bowler

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1 Wicketkeeping Feet shoulder width apart Hand pointing down, gloves together Bend knees so legs are at a right angle	Lesson 2 Tactical bowling Can you bowl a consistent line & length Can you execute a bouncer Can you execute a yorker
Lesson 3 Batting- cut shot Back foot moves to off stump Bat goes from high to low Hit the ball in line with your body	Lesson 4 Batting- hookshot/pull shot Bat path low to high (hook shot). Make contact with the ball in front of your body Extend your arms fully
Lesson 5 Throwing technique Front arm extended pointing at your target Elbow in line with your shoulder Get in a side on position.	Lesson 6 Game situations When do I need to attack When do I need to defend What attacking/defending strategies can I use when batting & bowling
How will I be assessed? Ongoing throughout practical lessons.	

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Year 9 Basketball



Key Terminology

What words do I need to know and use?

Zone defence Screen Rebound

Outlet pass transition Fast break

Pick and roll Stationary

Further Opportunities

Bury Bulldogs, Bury St Edmunds

Mildenhall Pirates, Mildenhall

After school club, MCA

What can I do at home to improve?

Play with friends as a local court to get used to ball handling and transitions from attack to defence.

Basic Rules

Moving screen – When a player is screening the ball they must be stationary with their arms in.

Travel – you can only take 2 steps with the ball.

5 seconds – You can only hold the ball for 5 seconds before dribbling, passing or shooting.

3 seconds – you can only stay in the attack key for 3 seconds before moving out.



Important components of fitness

Agility	To dribble around players and keep possession
Co-ordination	To keep control of your dribble and be able to look up.
Power	In a pass so that it doesn't get intercepted and to gain jump height.
Speed	To transition from attack to defence
Aerobic endurance	To be able to sustain play for the duration of the game.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Dribbling to draw a player

Dribbling into a space to draw the defender away from the other players' basket to create more space. Using your body to protect the ball. Using different types of dribble to beat an opponent.

Lesson 2

Zone defence

When to transition back to a zone defence after a phase of attack. Positions within the zone defence. Benefits of using a zone. Rules that surround zone defence.

Lesson 3

Defence and screening

How and where to set the screen. How to communicate a screen to your players. Defending against a screen.

Lesson 4

Positions and movement

Tactics for the ball handler. Movement patterns for other players. Movement up the court.

Lesson 5

Offence – Fast break

Use of a javelin pass. Use of speed to get into the defence areas. Movement away from the defending basket.

Lesson 6

Transitions from attack to defence

Ball handling skills. Communication of attack. Communication of styles of defence within the game.

How will I be assessed? Through game play and application of the rules whilst officiating.

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Year 9 fitness



Key Terminology

What words do I need to know and use?

Warm up intensity Heart rate physical fitness skill related fitness training zones methods of training baseline testing fitness testing plyometrics training safety acceleration sprints hollow sprints

Further Opportunities

Where can I improve my fitness outside of school?

Abbeycroft leisure centre- Mildenhall hub
Parkruns (Saturday 9am)- Brandon, Thetford

What can I do at home to improve?

Bodyweight circuits
Continuous/fartlek/interval/plyometric/ speed sessions

Basic Concepts

Understand why we fitness test and how to ensure reliable and accurate results

Understand how to make a plyometric session safe

Understand different methods of speed training



Important components of fitness

Muscular endurance	Circuit training (30-50sec), continuous runs
Aerobic endurance	Continuous runs, interval sessions
Speed	Acceleration and hollow sprints.
Power	Plyometrics training.
Muscular strength	Circuit training (20-30sec)

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

To understand what makes a successful sports performer.
Group task- given a performer, pick the 3 most important COF for them and design activities to improve each one.

Lesson 2

Know why we fitness test. Go round on a carousel and complete different fitness tests for each COF and record results.

Lesson 3

To know why we fitness test (continued from lesson 2).
Students will ensure they record their results.

Lesson 4

Understand the similarities and differences between training for speed and aerobic endurance.
Interval session on aerobic endurance, discussions around how it would differ for speed.

Lesson 5

Understand what plyometrics training is.
Teacher led plyometric session (safety is vital).

Lesson 6

Understand the different methods of speed training.
Acceleration sprints- focus on technique and hollow sprints.

How will I be assessed?

Ongoing assessment throughout practical lessons.

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Year 9 Rugby



Key Terminology

What words do I need to know and use?

Rotate arms when passing Pass from the hip flick fingers backwards passing cheek to cheek ring of steel drive with shoulder tackle pad counter ruck maul tag rugby

Further Opportunities

Where can I play Rugby outside of school?

Mildenhall red lodge rugby club, Mildenhall

Bury St Edmunds RUFC, Bury.

Afterschool club, MCA.

What can I do at home to improve?

Practice ball handling and passing with a friend/relative.

Work on speed, agility and muscular strength and power.

Basic Rules

Students pencil presenting technique. Not allowed round the side of the ruck. Two handed tags only. No high tackles. Cannot pick up and dunk when tackling. Can only join a maul from the back foot of the last person.



Important components of fitness

Agility	Beat an opponent whilst in possession of the ball.
Speed	When attacking the space getting past an opponent.
Co-or	Passing and receiving the ball.
Muscular strength	During rucking over and mauls.
Power	When rucking over, tackling and mauling.
Reaction time	Timing of pass- pass just after receiving a tackle.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

To be able to use different types of pass in rugby. Long pass- fingers across seams, rotate arms and flick fingers in direction of target. Short pass and Pop pass- Use of forearms and flick of the wrist.

Lesson 2

To be able to time a pass correctly. Pass just after taking the hit. Dummy passes can be used to throw off opponents.

Lesson 3

To be able to fall safely when being tackled. Cheek to cheek, ring of steel, drive with shoulder, get low on your opponent, use your hands to break your fall.

Lesson 4

To be able to tackle someone on the move. Timing is key. Get as low as possible. Cheek to cheek, ring of steel, drive with shoulder.

Lesson 5

To be able to contest a maul. A maul is similar to a ruck but the ball is in the air, must join the maul from the back foot of the last person.

Lesson 6

To be able to win possession via a counter ruck/maul in a game of tag rugby.

How will I be assessed?

Ongoing assessment through practical lessons.

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Year 9 Football



Key Terminology

Volleying	Lofted pass	Curled shot
Man-marking	Turning	Possession
Through ball	Offside	Driven pass
Formations	Control	Placement
Step-over	Dummy	Direct free-kick
Discipline	Respect	Fair play



Further Opportunities

Local clubs – Lakenheath, Bury, Brandon, Ely, Isleham, Thetford, Mildenhall, MCA lunchtime/after school club

Practice at home – Kick ups, cross bar challenge, dribble through cones

Youtube – F2, keep it on the deck, sky sports football, BBC sport, MOTD - kick about

Basic Rules

Indirect free kick – This cannot go directly into the goal it must be passed before shooting

Yellow and red cards – Players can be carded for fouls, handballs, poor sportsmanship, wasting time, endangering an opponent.

Penalty – This is when a player is fouled inside the box and is given a chance to score with the keeper in the box

Additional time – At the end of each half time is added on and is known as 'additional time'

Important components of fitness

Body Composition	A football player will need low amounts of body fat due to the amount of running during the game
Speed	This is needed when chasing a through ball that has been played towards goal
Flexibility	Good flexibility will reduce the risk of injury
Balance	This is needed when passing on the move and to make sure the pass is accurate
Muscular strength	This is needed when jumping as high as possible to win a header against a defender

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1 Lofted Pass Strike the ball with the inside of your big toe Lean back to create loft on the ball Arms out to the side to help maintain a balanced position	Lesson 2 Volleying Watch the ball onto your foot Use laces to try and generate power when volleying Try to keep head above the ball to keep the volley down	Lesson 3 Beating an opponent Keep the ball as close to you as possible Identify and attack the space either side of the defender Use step-overs to put the defender off balance
Lesson 4 Crossing Wrap your foot around the ball to create curl Identify which teammate you are going to cross to Make sure crossed are hit with power in order to reach the box	Lesson 5 Gameplay Create and use different tactics Use a set formation and adapt Demonstrate good sportsmanship throughout the game	

How will I be assessed?

Ongoing teacher assessment through practical Physical Education lessons.

MCA Physical Education

Year 9 NETBALL



Key Terminology

Zoning	Double Dodge	Backline pass
Communication	Interception	Side line pass
Holding Space	Centre pass	
3 stages of defence	Free pass	
Dodging	Penalty pass	

Further Opportunities

Breckland Netball Club – Mildenhall

Jetts Netball Club – Bury St Edmunds

What can I do at home to improve?

Create set plays for centre passes, backline passes and side line passes.

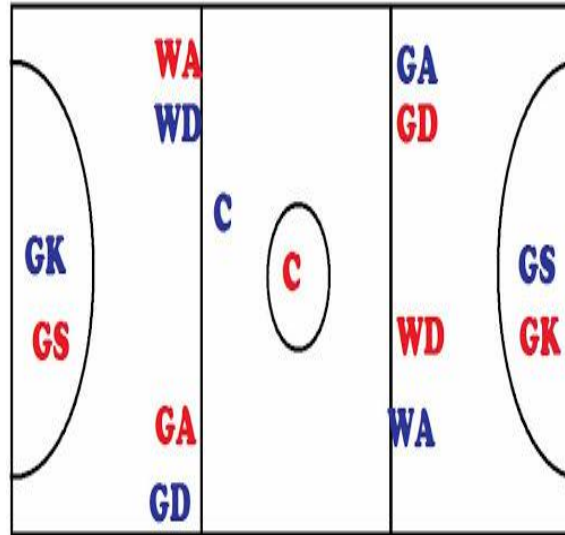
Basic Rules

Not received – when a centre pass has not been received within the centre third.

Short pass - when a ball has been passed without sufficient space for an interception to be made.

Breaking – a player moving for a centre pass before the umpires whistle.

Foot on the line – When taking a side line/backline pass no part of a players foot can be on the line, but must also be within 6 inches of the line.



Important components of fitness

Agility	Be able to change direction quickly to move into a space or away from a player.
Reaction Time	Reacting to a centre pass or to intercept the ball from another player.
Aerobic Endurance	To be able to sustain play for the duration of the game.
Speed	To be able to beat your opponent to the ball.
Co-ordination	Body parts working together to be able to conduct different movements while in preparation to pass or receive the ball or shooting.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

What is zoning in Netball?

- Having different areas of the court and holding space.
- Adaptation of position.
- Communicating with other members of the team.

Lesson 2

What does holding space mean and how does it help an attacker in Netball?

- Holding space in the circle to drive forward to receive the ball.
- Draws away defender, turn and drive into space.
- Holding behind using a strong body position to allow ball to be thrown overhead into space.

Lesson 3

What are the three stages of defence in Netball?

- Stage 1 – Man mark the player.
- Stage 2 – Mark the ball.
- Stage 3 – Mark the space and anticipate an interception.

Lesson 4

What makes an attacker successful in Netball?

- Sharp change of direction.
- Change of pace/speed.
- On toes.
- Cut and roll, cut in front.

Lesson 5

How can you secure possession on a centre pass?

- Centre pass play.
- Set plays.
- Stacking.
- Holding space.

Lesson 6

What is support play during a game of Netball and why is it important?

- Circle support.
- Backline passes.
- Side line passes.
- Anticipate next pass.

How will I be assessed?

Ongoing in practical lessons throughout the year.

MCA Physical Education

Year 9 ROUNDERS



Key Terminology

Long Barrier	Off base fielding
Decision making	Backhand
Effective fielding	Disguise
Power	Variation of bowl

Further Opportunities

Afterschool Clubs

Ipswich Ravens Rounders Club

What can I do at home to improve?

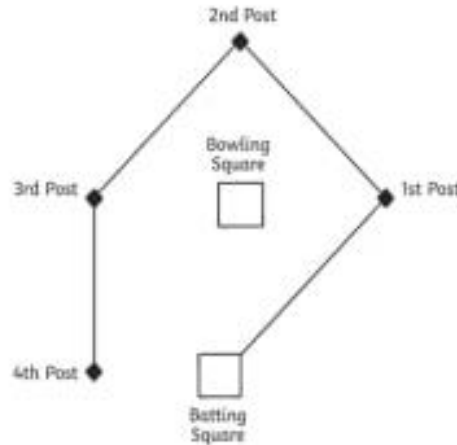
Play rounders games with friends or family.

Basic Rules

Ball out of the diamond – When the ball leaves the diamond the bases become unstumped allowing a batter to move to the next post, but they cannot then score anymore rounders.

Bowler has the ball – When the bowler is in possession of the ball, batters cannot move from the post they are on until the ball is bowled again.

Last ball of innings – on the last ball of the innings the whole side can be deemed out if the ball is stumped inside of the batting box.



Important components of fitness

Agility	To change direction to be able to run around the posts.
Balance	To not be able to fall over when batting/catching the ball.
Co-ordination	To be able to hit the ball with a bat.
Speed	To beat an opponent/ball to a post to be 'in'.
Power	Strength and speed working together to be able to throw or bat further.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

How can effective fielding help you win a game of rounders?

- Correct decision making when throwing into a post.
- Use of correct skills to enable effective and fast fielding.

Lesson 2

Why is it important for a bowler to be able to vary their bowling technique?

- Disguising what type of ball is going to be bowled.
- Use of variation in a game situation.

Lesson 3

Why is it good to vary your batting technique?

- Incorporating power and placement to decisive fielding team.
- Disguising where ball is going to be hit.
- Backhand hits.

Lesson 4

How can fielding adjustments influence a fielding team?

- Decision making of fielding positions according to batting analysis.
- Use of good communication to adjust the field accordingly.

Lesson 5

Is it vital to have a fielder on every base?

- Decision on which bases are key to be covered.
- How can bases be covered without being one person manning it the whole time.

Lesson 6

What makes an effective umpire?

- Clear communicator.
- Knowledge of the rules.
- A non-biased approach.

How will I be assessed?

Ongoing in practical lessons throughout the year.

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Year 9 Badminton



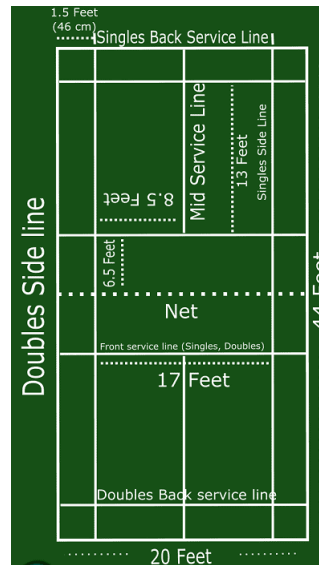
Key Terminology

What words do I need to know and use?

Foul Serve Drop Shot T Position

Smash Forehand Drive Disguise

Overhead Clear Net Play Doubles
Formations Positioning



Important components of fitness

Agility	To move around the court quickly, to return the shuttlecock with different shots.
Aerobic endurance	To ensure you do not tire during your game, enabling you to continue playing to the best of your ability.
Flexibility	To be able to lunge into shots easier and rotate your shoulder further for overhead clears and smashes.
Power	To be able to hit smashes and overhead clears harder, making them difficult to return.
Muscular Strength	To be able to generate more power when hitting overhead clears and smashes.

Further Opportunities

Where can I play badminton outside of school?

Abbeygate Badminton Club – Bury St Edmunds,
You can hire badminton courts at your local sports centre, After-school/lunchtime clubs.

What can I do at home to improve?

Playing at home/in the local area against a friend or family member.

Basic Rules

Service

During double play, you must alternate server. Serving into the net, is a point to the other team.

Scoring:

Best of three games, wins.

Court:

During singles the lines are long and thin. During doubles the whole court is in play after the serve.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Serving

How can I incorporate tactics in my serves?

- Adding disguise
- Experimenting with power
- Experimenting with positioning

Lesson 3

Forehand Drive

If the shuttle drops low, how can I still attack it?

- Transfer weight from front to back foot.
- Hit the shuttle with a flat racket head.
- Flick your wrist and follow through with your racket.

Lesson 5

Singles Tactics

How can I gain an advantage when attacking in badminton?

- Sequencing of shots e.g. serving, overhead clear, drop shot, smash.
- Experimenting with placement of shuttle, power, flight path, speed.

Lesson 2

Overhead Clear

How can I vary the type of overhead clear I use?

- Being able to disguise your shot.
- Backhand clear – backhand grip, body faces the rear of the court. Hit at the highest point.

Lesson 4

Smash

How can I use power in a shot to my advantage?

- Side on to the shuttlecock
- Weight on the back foot. It transfers to the front as you rotate your hips
- Racket high behind your head. Hit the shuttlecock high and in front of your body in, to aim it downwards.

Lesson 6

Scoring Development

How can I analyse my performance – what can I look for?

- The different officials that are part of badminton matches.
- Being the role of the umpire/line judge.
- Understanding the different ways you can score a point.

How will I be assessed?

Ongoing in practical lessons throughout the year.

MCA Physical Education

Year 9 Handball



Key Terminology

What words do I need to know and use?

Screening Blocking Possession

Communication Support Overlap

Placement Accuracy Reaction Time

Further Opportunities

Where can I play Handball outside of school?

Ipswich Handball Club, MCA after school club

What can I do at home to improve?

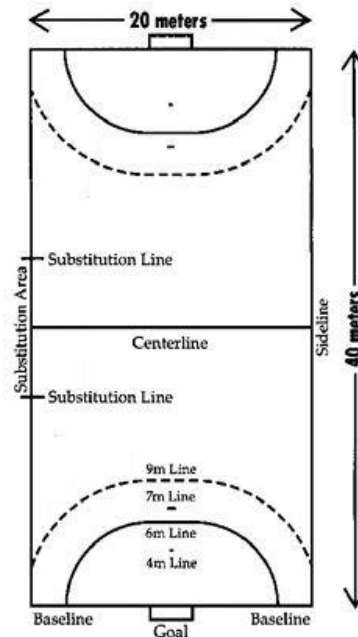
Practicing passing and dribbling at home with friends and family.

Basic Rules

Contact – You can use your torso to obstruct an opponent. But you cannot push, trip or hold onto players.

3m Throw-ins – You must stay 3m away when a throw in is taken.

Ball out of hands – You cannot rip or hit the ball out of an opponent's hand.



Important components of fitness

Reaction Time	To be able to react to shots taken, as a goalkeeper.
Speed	To be able to keep up with fast breaks as an official.
Agility	To be able to dribble in tight spaces without losing possession.
Flexibility	To be able move your shoulder through a range of movements to help with different passes.
Muscular Strength	To be able to hold your ground when making a screen.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Passing and Shooting:

What other types of pass can I make with a handball?

- Side pass
- Decision making with shooting.

Lesson 2

Attacking Team Play:

What is a screen and how do we use them in handball?

- Technique of screens
- Rules related to screens
- Advantages/disadvantages.

Lesson 3

Outwitting Opponents:

How can I decide what is the best attacking option?

- Outwitting opponents with teammates
- Strategies used individually

Lesson 4

Defending and Goalkeeping:

How can I block the shot? What skills do I need for goalkeeping?

- Blocking shots as defenders
- Goalkeeping skills e.g. making yourself big.

Lesson 5

Set Plays:

What set plays can I apply in handball?

- Set play tactics e.g. free throws.

Lesson 6

Officiating:

What hand signals are used by officials?

- Different hand signals.
- Confidence in communication.

How will I be assessed?

Ongoing in practical lessons throughout the year.