

Y9 Girls Autumn Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
1x a week	Football - Pupils complete a unit of football focussing on improving not only core skills learnt previously that include passing, dribbling, defending, shooting and positions but also their tactical awareness. There is a greater emphasis on the combination of skill development, gameplay, tactics, strategy and scenarios. Students are encouraged to officiate and coach within this unit.							Sport Education - A unit of work focussing on pupils development around sport. This includes assigning roles including team manager, equipment organiser, coach, fitness coach and referee. Developing pupils ethos of teamwork and fair play whilst competing with peers.						
1x a week	Netball - Pupils will focus on key skills such a passing, shooting, marking whilst adopting spatial awareness. Pupils cement the positions for 7-a-side Netball and the role/tactics of each position. Pupils will develop their understanding and decision making within this unit. Students can also umpire and coach within this unit.							Basketball - Pupils complete a unit of Basketball whilst concentrating and securing core skills such as dribbling, passing and shooting. Further development of decision making in game situations, defensive strategies and positioning will be addressed within practice and gameplay. Pupils should begin to officiate and support gameplay.						

Y9 Girls Spring Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
1x a week	Gymnastics/Trampolining - Pupils continue to develop their core skills within gymnastics, such as jumping and rotating. Pupils can progress onto the different levels of springboard and the vault whilst concentrating on looking aesthetically pleasing. Trampolining will be introduced within lessons, with the focus on control and shapes/landings. Safety of the equipment and activity are discussed.						Dodgeball - Pupils build upon their pre-existing skills and look at their consistency with catching, throwing, dodging and shooting at a target. Pupils will also focus again on gameplay and sportsmanship within this unit. Students begin to lead and umpire within this unit, whilst understanding the rules in detail.					
1x a week	Health Related Fitness - Improving pupils fitness through health related activities. Pupils will complete various ways of exercise. Pupils will understand how exercise affects the body and the benefits of exercising. Some fitness testing (age appropriate).						Rugby - The Rugby unit will comprise of passing, running with the ball and handling the ball. Pupils will progress quickly onto Contact rugby where they recap about safety, tackling, rucks, mauls, kicking and scrums. Age specific play and rules integrated.					

Y9 Girls Summer Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
1x a week	Athletics – Field - Pupils will continue to develop their understanding and ability on throwing and jumping events. These include long jump, triple jump, javelin, shotput and discus. Whilst doing so, pupils will be link skill/physical components of fitness to each event.						Athletics – Track - Pupils will complete age/gender specific events within track Athletics. These include events such as 50m, 100m, 200m, 300m, 800m, 1500m and relay. Whilst doing so, pupils will link skill/physical components of fitness to each event.						
1x a week	Rounders - The pupils will complete a Rounders unit that will recap key aspects such as throwing, catching, striking, fielding, detailed rules and gameplay. A variety of skills and games will allow pupils to progress effectively. Gameplay tactics and positioning will be key within this unit. Umpiring is introduced within this unit.						Cricket - Pupils will complete a Cricket unit of work that will recap on the key elements needed to play Cricket. These include throwing, catching, fielding, striking and the rules of Cricket. A variety of skills and games will allow pupils to progress effectively. Field positioning and batting/bowling tactics are reintroduced. Batting shots will become more specific. Umpiring is introduced within this unit.						