

***Physical Education Half Term 1***

***YEAR 9 OVERVIEW Pupils will learn:***

***Boys-***

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| **Half Term 1 - Basketball & Rugby** | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** |
| **Zonal Defence** | **Half Court Press** | **Full Court Press** | **Man to Man Marking** | **Screens** |
| **Mauling (1)** | **Mauling (2)** | **Setting Up Multiple Rucks (1)** | **Setting up Multiple Rucks (2)** | **Restarts and Line Outs** |

***Girls & Mixed groups-***

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| **Half Term 1 - Netball & football** | | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** | **Lesson 6** |
| **Shooting under pressure** | **Holding space** | **Turning in the air** | **Double dodge** | **Shooting** | **Academic review/ Addressing misconceptions** |
| **Lofted and Chipped Passing** | **Set Pieces** | **Penalties** | **Volleying** | **Non Dominant Foot - Dribbling, Passing, Shooting** | **Academic review/ Addressing misconceptions** |

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| ***Extracurricular opportunities linked to the sports being taught*** | 1. *Netball Thursdays afterschool* 2. *Football Mondays afterschool* 3. *Girls Football Tuesdays afterschool* 4. *Dodgeball Lunchtime* 5. *Futsal lunchtime* 6. *Futsal years 9-11 Monday afterschool* 7. *Trampolining Lunchtime* |