

Topic: Basketball Year 9		Duration:	Composite:
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Strategies Violation Officiate Obstruction Screening Weave Power forward Drive	<ul style="list-style-type: none"> Give and goes To be able to perform both the skills and moves in the give and go To clearly know and understand how to perform this skill and where it is used in Basketball To be able to know and understand how to outwit an opponents through the give and go's To be able to outwit opponents with the give and go's To be able to critically evaluate how well the give and go's were and to be able to find ways to improve them. To be able to improve the range, difficulty and quality of their give and go's Re-bounding To improve the pupil's performance, knowledge and understanding of re-bounding within the game To understand and know why re-bounding the ball is good in both offence and defence To be able to perform the re-bound individually or in a triangle To be able to perform the re-bounding skills correctly and safely To be able to refine and adapt their rebounding skills To develop the precision, control and fluency of their rebounding skills To make decisions about what to do to improve their rebounding performance and the performance of others To be clear about what they want to achieve in their own work and what they have actually achieved. To be accurate in the replication of actions, phrases and sequences of each rebound Dribbling / Shooting using non-dominant hands To understand the benefits on their performances when using their non-dominant hand To be able to perform the skills correctly and safely To further develop pupils understanding and knowledge of where to, how to, and why these dribbling and shooting techniques are used and performed in Basketball. 4. Fast break To clearly understand and know how defence can start an attack <i>e.g. Through re-bounding and fast breaks</i> To know how to perform a fast break, and where a fast is used in Basketball To clearly know and understand the roles and responsibilities of each player To be able to perform the skills involved in performing the fast break To know and understand how to outwit an opponent in fast breaks To be able to outwit an opponent when performing in Fast break. 	<ul style="list-style-type: none"> * Accelerate away * Team-mate passes ball to player * Catch ball on run * Cut to the basket and drive to it * Perform lay or jump shot if another opponent is in way <ul style="list-style-type: none"> * Wide base * Watch ball as it hits the rim * Time jump so that the ball is caught with two hands in-front of head * Land with two feet firmly * On way down bring ball into chest or keep firm grip of ball * Hold ball for second on landing and assess situation <ul style="list-style-type: none"> • Head up & over waist with back straight and feet shoulder width apart. • Dribble close to body at knee level which are bent • Dribble ball with fingers • Non dribbling hand protects ball <ul style="list-style-type: none"> • Pass and follow • Move forward when not in control of ball • Chest pass only <ul style="list-style-type: none"> • Use creativity 	<ul style="list-style-type: none"> • Hand eye coordination • Spatial awareness • To identify visual triggers • Fitness – Balance and Power • Communication

	<ul style="list-style-type: none">• Strategies in the game <p>To use creativity and imagination in planning offensive and defensive strategies and tactics To produce offensive and defensive formations for when in attack and in defence To incorporate previously learnt skills and tactics into these strategies To understand and know the rules governing fouls, contact, and possession time with (shot clock) time allowed in key.</p>	<ul style="list-style-type: none">• Work as a team• Create defensive or attacking formation / tactics• Incorporate strengths• Identify opponent's weakness	
--	---	---	--

Topic: Badminton Year 9		Duration: 6 x 60 minute lessons	Composite: Assessment recorded on SIMS
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Coordination Shuttle Chasse Strategic Replicate Accuracy Adapt	<p>Introduce the grip and ready position. To be able to demonstrate & use the correct grip. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket from a ready position. To understand the different lines and areas on the court and be able to move around between them quickly.</p> <p>Introduce the underarm clear To perform and replicate underarm clear with control and coordination. To understand when best to use underarm clear. To develop the skill of outwitting an opponent using a combination of shots.</p> <p>Introduce the overhead clear To perform and replicate overhead clear with control and fluency. To begin to outwit opponents with movement of the shuttle. To understand court markings and basic scoring.</p> <p>Introduce the drop shot To be able to outwit opponents using simple drop shot. To understand the importance of movement and shuttle placement in order to attack. To begin to develop strategic and tactical play during a rally.</p> <p>Basic underarm service + court lines To accurately replicate a serving technique. To be able to strike the shuttle consistently with enough height and weight to carry the net. To begin to score & officiate a competitive doubles game using the correct court markings.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.</p>	<ul style="list-style-type: none"> • Shake hands. • V of hand down the side of racket • Keep your eyes on the shuttle. • Used when the shuttle drops below head. • side step motion to get into position • Centre of the racket • Aim towards flight of shuttle with non-racket hand. • Snap wrist on contact • Low over net • Racket up • remember 'short & fat' = doubles • Always away from your opponent • Move your opponent. • Command the T 	HRE various components of fitness used for the different events. <ul style="list-style-type: none"> - Endurance - Speed - Strength - Coordination - Agility