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	**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. **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. **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. **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. **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. **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.	• 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. - Endurance - Speed - Strength - Coordination - Agility

Topic: Year 9 – Rugby		**Duration: 6 Weeks** **Permitted in Term**	**Composite:**
Key vocabulary:	**Core knowledge questions**	**Powerful knowledge crucial to commit to long term memory**	**Links to previous and future topics**
Spin Offload High Lowe Flick	<u>Spin pass and offload</u> - Why do we try and spin pass instead of a normal pop pass? - Back hand of the ball is the one that spins the ball. - Follow through towards the target area - What is an offload? What does it look like - Emphasis is to try and play the ball quickly in rugby. When in rugby moving the ball in contact is considered an offload. - Lift the ball from low to high - Support players must be on the shoulders of attackers - Communication which side to offload - Soft hands	Spin pass will increase the distance and accuracy of a pass Offloading will speed up the game of rugby and break down defences.	• Hand eye coordination • Spatial awareness • To identify visual triggers • Communication
Pro-active Re-align Shape	<u>Attacking shape and realignment</u> - Are you working when you don't have the ball - pull wide and far - square up shoulders to squeeze In the defence - Always try and get 3-4 passes away from the contact point. -	-Movement off the ball -Square up the shoulders -Line up deep	- Basic shape and principles covered in year 8.
Blitz Drift Stay connected	<u>Defensive principles of Play</u> - Defend as a unit - Line speed as a collective unit - Try and create double team tackles - Keep your shape and do not get sucked into the contact area - Difference between the drift and blitz defence - What are the benefits and disadvantages to each system?	-Drift and blitz defence -Get off the line -Keep your shape and stay connected	- Basic shape and principles covered in year 8.

Leg drive Roll Ball presentation	<u>Footwork before contact into ground work skills</u> - Run at the branches instead of the tree trunks - When making contact low body position, ball away from the defender. - Contact leg drive in contact - To provide more time, second fight. Including the introduction of the 360 roll to provide more time for players to arrive at the ruck	-Low body positon when making contact with another player -Drive your legs, push the defender backwards. -Second fight on the floor to give yourself more time.	Footwork in all major games. Stopovers in football and basketball.
Break the glass Sweep the leg Jackle	<u>Advanced rucking techniques and body positions</u> - Variety of rucking techniques to move a defender away from the ruck area - Look to perform the break the glass rucking technique as well as the side leg sweep. - Accelerate into the ruck area. - Hands on the ball represents the glass, try to put body and hands through the glass - What is a jackle? Why is it performance in rugby? - Support your body weight, hips in line with shoulders, rip the ball if available.	-Breaking the glass and sweeping the leg can be used to move bigger and stronger opponents. -A jackle is a way of slowing the ball down or trying to steal from the opposition.	Body control and strength in all major team sports.
	<u>Scrummaging 5 v 5</u> - Head up- chin off chest, look through eyebrows - Eyes focussed on the target area - Feet shoulders and hips all square - Weight on the balls of the foot - Stomach and chest pushed out, back straight - Shoulders above hips at all times - Role of the second row - Controlled 5v5 push	-Straight back -Balls of the feet -Tight binding	Links with previous topic of 3v3 scrummaging. Will link with 8 man scrummaging in future work.