

Topic: Athletics Year 9		Duration: 6 x 120minute lessons	Composite: Times and distances recorded on SIMS. Using criteria pupils marked on their best 2 events.
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
<p>REGULATIONS EVALUATE ANALYSING ROTATIONS DIFFERENTIATE VIGOROUS SUSTAINED OPTIMISE</p>	<p>Advanced long jump To know the rules regarding legal and illegal jumps from the take-off board. To be able to perform a technically correct hitch-kicking technique and leg shoot and use this to improve and personal bests from previous. To know how sinking the hips just before take-off can help maximise distance jumped. To be able to analyse the similarities and differences between the performances of 2 students, explain why there are differences in the distance jumped. To develop the precision, control and fluency of their long jumps</p> <p>Distance To understand what is meant by the term 'pacing'. To know that races of longer duration require the runner to 'pace' themselves. To be able to run at an even pace over middle and longer distances. To recognise that different athletic events require different types of fitness and to understand the difference between high-intensity vigorous activity and less vigorous, more sustained activity. To appreciate how to make adjustments and adaptations to pace</p> <p>Advanced Shot Putt To be able to perform more complex pushing technique, starting facing away from the direction of the throw, with momentum gained first of all from a backwards shuffle and slide before rotating (Glide & Rotary). To understand the rules regarding legal and illegal throws, and in particular the boundaries of the throwing circle. To perform at maximum levels in relation to speed, height, distance, strength or accuracy when performing the shot putt</p> <p>Discus</p>	<ul style="list-style-type: none"> • Hit the board with power • Look forward and slightly up after take off occurs • Whilst in air, the legs must hitch to allow more distance to take place <ul style="list-style-type: none"> • Establish a suitable pace • Keep head still <ul style="list-style-type: none"> • Start with back to throwing area in chin, knee, toe position in low starting position with dominant knee bent • Rest on toes slightly of dominant foot • Rotate body ½ turn quickly and powerfully 	<p>HRE various components of fitness used for the different events.</p> <ul style="list-style-type: none"> - Endurance - Speed - Strength - Coordination - Agility

	<p>To be able to perform a more complex throwing technique, starting stood facing away from the direction of the throw and building momentum through 1 ½ whole body rotations.</p> <p>To understand the rules regarding legal and illegal throws, and in particular the boundaries of the throwing circle.</p> <p>To perform at maximum levels in relation to speed, height, distance, strength or accuracy when performing the triple jump</p> <p>Intermediate relay and changeover</p> <p>To understand how changeover boxes are used during a competitive relay event.</p> <p>To know the rules regarding legal and illegal changeovers in both the 4x100 and 4x400 metre events.</p> <p>To be able to devise a calling system with team mates to improve the efficiency of the changeover.</p> <p>To be able to perform a legal changeover whilst on the move during a 4x100 and 4x400 race.</p> <p>To be able to perform the changeover fast, accurate and with precision</p> <p>To further develop the precision, control and fluency of their changes and relay techniques</p> <p>To be able to critically evaluate how well the changeover has been achieved and finding ways to improve it</p>	<ul style="list-style-type: none"> • Start from a low position • Arm straight on rotation. • Body should move low to high follow through with arm around body <ul style="list-style-type: none"> • They should be jogging whilst the team-mate is approaching • one side of the line • Baton starts in right hand and alternates. This improves speed of the baton within the lane. 	
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Topic: <u>Physical Education – Rounders – Year 9</u>		Duration: 6/7 Weeks Permitted in Term	Composite:
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
<p>Catching Accurate Timing Cushion Precision Vision Speed Strength</p>	<p>Catching <u>Close catching</u> - feet shoulder width apart with weight evenly spread and on balls of feet - Hands clasp together, with fingers point to the ground, little fingers together, creating a cup shape. - Bring hands into body as you catch, cushioning the ball.</p> <p><u>Catching high ball</u> - Balanced and low position, move quickly underneath the ball keeping head steady - Little fingers are touching, creating a cup shape - Hands are in line with the flight of the ball just above the eye level - Catch the ball at eye level, bringing hands in to chest to cushion catch.</p> <p><u>Development of catching situations</u> -Development of catching each different type of delivery e.g. <i>Low, High to sides etc.</i> -Develop the precision, control and fluency of their fielding skills, with accurate and precise in the retrievals. -use strength, speed and accuracy in the throws and skills -understand the importance of moving for the ball -able to catch successfully in various situations</p> <p>At this point we would hope pupils would have the skill set to analyse performances, identifying strengths and weaknesses of the catches and fielding skills</p>	<p>-Hands cup and cushion -Two types of catch, close/high -Eye contact with the ball to create precision - Call out fielder receiving – Teamwork</p>	<p>Link to catching in sports such as Netball, cricket due to aim and accuracy idea.</p>
<p>Throwing Vision Accuracy Release point Power Replication Sequence Distance Precision</p>	<p>Throwing <u>Under-arm throwing</u> - grip the ball between fingers and thumb - stand facing target, feet together - take throwing arm back at 180degrees, ball facing ground - Bring arm through at same time as stepping with opposite leg - release ball with fingers pointing to target</p> <p><u>Over-arm Throwing:</u> - Hold ball between fingers and thumb - Eyes look at target - Side on position - Align non-throwing arm with target - Take throwing arm straight back - start with weight on back foot - Bring arm straight through so the elbow is level with ear</p>	<p>-Follow through with hand, pointing fingers at release point -Add power behind ball to increase distance -Transfer body weight from front to back to generate power -Precision allows accurate throws to outwit opponent -The ball thrown accurately is faster than a runner</p>	<p>Links to softball, cricket and other field sports</p>

<p>Bowling</p> <p>Accurate Aim Power Target Release point Vision</p>	<p>- Release the ball with a straight arm just passed the ear, not vertical, not horizontal but between the two</p> <p>Development of Throwing</p> <p>-understand and know why this method is used in fielding and where this is performed in rounders (over arm, long distance & Under arm, short distance)</p> <p>-develop the precision, control and fluency of their over arm throws, varying target range</p> <p>-use strength, speed and accuracy in the over arm throws</p> <p>-accurate in the replication of actions, phrases and sequences of each throw</p> <p>Bowling</p> <p>- Hold ball comfortably in writing hand</p> <p>- Eyes look at target set by backstop</p> <p>- Long stride with opposite leg to throwing arm</p> <p>- Align arm with target</p> <p>- When hips and shoulders turn out the ball should be thrown with a bent front leg from a low position.</p> <p>- At the point of release the elbow should remain level with the shoulder, fingers pointing to target</p> <p>- Ball must be between shoulder and knee height</p> <p>Adding speed to bowling</p> <p>Adding spin to bowling</p>	<p>-Increased pace of release created with power</p> <p>-Aim for backstop hands rather than bat of player</p> <p>-Change of bowling depth or strength can help to outwit opponent.</p>	<p>Links with softball bowling and motion of underarm throw.</p>
<p>Batting</p> <p>Aware Alert Focussed Vision Power Accuracy</p>	<p>Batting</p> <p>- Sideways on with Feet shoulder width apart and Knees flexed</p> <p>- Batting arm back straight with the Bat up at 90 degrees to arm, held firmly in the ready position.</p> <p>- Watch the ball from release, Keeping head still</p> <p>- Swing creating a 'C' shape, bringing bat to ball with arm and bat straight</p> <p>- Transfer weight from back to front foot</p> <p>- Make contact mid swing</p> <p>Development of batting</p> <p>-Ability to hit the ball in different directions, by using body position to open up and allow swing direction to change.</p> <p>-Right handed – Left leg steps out left to allow left swinging direction</p> <p>-Right handed – Left leg steps ahead to allow straight bat</p> <p>-Right handed – right leg steps left to allow swing towards right</p> <p>-Rolling wrists and stance can allow for direction changes</p> <p>At this point Pupils should:</p> <p>-Back hand batting – creating an illusion of batting in one direction and changing at the last second</p> <p>-Batter will stand side on in ready stance, as the ball is released, stance switches to face opposite direction, bat comes across the body to hit the ball with the back of the bat.</p> <p>Backstopping <i>(for right handed players, opposite leg/arm from left handed players)</i></p> <p>- Face bowler and Stand with left leg forward</p> <p>- Hands up as a target for bowler, fingers together pointing up, thumbs crossed behind</p> <p>Angled positioning: As above +</p>	<p>-Add power behind ball to increase distance</p> <p>-Stance of batter can allow for direction changes, opening up field by stepping and opening stance</p> <p>-Dummy stance can add tactics to game play</p>	<p>Links to other batting/net sports such as tennis and badminton.</p> <p>Some link to badminton/Tennis referring to 'ready position'.</p> <p>Links to cricket and softball</p>

<p>Ground Fielding</p> <p>Accuracy Aline Barrier React Stump Backup</p>	<ul style="list-style-type: none"> - Slightly angle body towards first Post if Posts are not loaded and others if Posts are full - Watch the ball at all times, stay focused. <p>Ground fielding</p> <p>Long Barrier</p> <p>RIGHT Hander =</p> <ul style="list-style-type: none"> - Left knee touches back of right foot so a straight barrier is created - Approach the ball at speed - Get in line early - Fingers pointing down - Watch ball into hands <p>Development of ground fielding</p> <ul style="list-style-type: none"> -Understand the purpose of legs and hands act as a barrier against the ball so if the ball is missed by the hands it is stopped by the leg. -Develop their knowledge and understanding of the essential fielding positions on a Rounders pitch -Always cover 2nd and 4th base -Fielder placed between batting box and 1 -Short fielders and long fielders working as a team to get the ball back to bowler or stump -Allow back up fielders around bases -Must try to use a long barrier on all ground fielding opportunities <p>Post back up</p> <ul style="list-style-type: none"> - Get in line with the flight of ball and behind the back stop or post - Be ready just in case the throw is poor or the back stop misses it - Get body behind ball 	<p>-Make accurate contact with line of ball direction</p> <p>-Quick sharp movements and reactions</p> <p>-Followed by accurate throw to nearest fielder to post</p>	<p>Links to softball and other defensive playing skills.</p>
<p>Post work</p> <p>Obstruction Rule Umpire Penalty Stump Backup</p>	<p>Post Work</p> <ul style="list-style-type: none"> -DO NOT STAND WITH FOOT ON POST -Stand with foot next to post -Stand inside diamond so not to obstruct -Stump post with ball not hand <p>Development of Post work</p> <p>Catching at Post</p> <ul style="list-style-type: none"> -Stay inside the diamond -Do not obstruct -Catch and stump accurately -stump with the ball <p>At this point Pupils should:</p> <ul style="list-style-type: none"> - know and understand the laws governing running between Posts, stealing, 	<p>-Accuracy/timing can aid getting players out</p> <p>-Tactical positioning of fielding players to back up posts</p> <p>-Tactical placement of ball to post to knock off points rather than players</p>	<p>Links to all sports needing short sharp movement e.g. sprint/netball shuttle</p> <p>Links to competitive gaming situations</p>

<p>Running</p> <p>Ready Alert Space Outrun Stride</p>	<p>- know and understand the importance of communicating when on Posts with team mates - able to communicate with team mates to eliminate batters</p> <p>Running</p> <ul style="list-style-type: none"> - start low, moving on balls of feet - stride out, body upright - on approaching post, shorten stride, on balls of feet, get low and dip left shoulder, tap post on passing. - push off with right foot to next post -Only run when post ahead is free -Cannot overtake a player = outrun -Base 2 = ½ rounder if ball hit -Base 4 = 1 rounder if ball hit -Base 4 = ½ rounder if ball not hit 		
<p>Tournament</p> <p>Position Rules Obstruction Batting Bowling Accuracy Power Team Work</p>	<p>Tournament</p> <ul style="list-style-type: none"> -Skills placed into practice -Fielding = Throwing, catching, ground fielding and Backstop -Batting = Batting, running, post work <p>Development of tournament</p> <ul style="list-style-type: none"> -Set positions used to create effective team work; Back stop, 2nd base and 4th base accurate catchers, long fielders accurate overarm throwing -Tactics used to place ball in clear areas -Strong team communication to allow organised tactics <p>At this point Pupils should:</p> <ul style="list-style-type: none"> -understand the rules and regulations regarding scoring and rules – High ball/low ball/ no ball/ rounder scoring -able to officiate a large game correctly, understanding the laws of the game and perform the umpiring signals used -incorporate previously learned skills and strategies into a full size game of Rounders. 	<p>-Once past halfway to the next post you cannot return -Stay alert and ready by communicating with teammates -Take the bat with you, running out the side of the batting box</p> <p>-Allow skill set to place ball in free fielding areas to allow for more running time. -Fielders spread and back up posts -Ensure no penalty points are provided = ensure stood inside posts and no obstruction by fielders</p>	