

Year 9	9CR 2 & 3	9CR 4 & 5	9CR 1 & 6
	Fitness	Fitness	Fitness
WEEK 16 wc 6 th January	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.
	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training
WEEK 17 wc 13 th January	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training
	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.
WEEK 18 wc 20 th January	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line

	Handball	Hockey	Creative Fitness
WEEK 19 wc 27 th January	<p>To accurately replicate prior learnt types of passes.</p> <p>To be able to perform these in a game to retain ball possession & outwit opposition.</p> <p>To describe the difference in rules of Handball.</p> <p>To understand what the use of space means for attacking opportunities.</p>	<p>Recap Lesson: Looking at basic dribbling Stick skill/management Vision and looking up</p> <p>Basic passing</p>	<p>Boxing Lesson x1</p> <p>Students will be shown different ways of training whilst boxing:</p> <p>Basic jab/upper cut/Hook</p> <p>Adding the duck</p> <p>Moving partner around</p> <p>Speed round</p> <p>Pushing back with the pads.</p>
	<p>To develop knowledge and understanding of strategic play used to outwit opponents.</p> <p>To be able to develop and refine tactics based on the analysis of opposition.</p> <p>To understand the rules of Handball and begin to correctly officiate.</p>	<p>Jab Tackle:</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle & shadowing</p>	<p>Creative Boxing lesson x2:</p> <p>Students using the information given from last lesson independently create a session with their partner. They can choose to split it into 2 15min sessions or keep swapping after each section.</p>
WEEK 20 wc 3 rd February	<p>To develop an understanding and knowledge of how to perform fast breaks and the roles of support players.</p> <p>To replicate the correct shooting technique.</p> <p>To understand the safety aspects of Handball.</p>	<p>Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping</p>	<p>Fitness HIIT Session:</p> <p>Students following a short Joe Wicks session.</p> <p>Students to get ideas on what they can do in a fitness session with minimal equipment.</p>
	<p>To be able to perform a high arm pass with the correct technique.</p> <p>To understand how to counter attack and the necessary positions.</p> <p>To combine the use of passing to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of Handball.</p>	<p>Game play using tackling.</p> <p>Focus upon decision making & tackling is it best to Jab/shadow/block</p>	<p>Creative HIIT Session:</p> <p>Students create their own HIIT session that lasts for 15mins, they work on it together to music. Using own stop watches. They need to include rest sessions in between.</p>
WEEK 21 wc 10 th February	<p>To develop the knowledge and understanding of how to form a small break away attack.</p> <p>To understand and accurately describe the different positions.</p>	<p>How to deal with Tackling; Off loading the ball/puck Protecting the ball/puck Passing backwards and support.</p> <p>Indian Dribble/dragging the ball puck across the body</p>	<p>Circuit Session:</p> <p>Students follow a circuit set up by member of staff.</p>

	To develop knowledge of when a counter attack is used.		
	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences.</p> <p>To show their knowledge and understanding of the rules in Handball.</p>	<p>Game play & Assessment</p> <p>Students will be asked to identify areas of others strengths and improvement</p> <p>Using tackles</p> <p>Indian dribble Protecting the ball/puck Passing backwards.</p>	<p>Creative Circuit session:</p> <p>Students have own mat in 2/3s</p> <p>Equipment: e.g. Skipping ropes/boxing gloves/weights/hurdles in the middle of the hall</p> <p>Running circuit round the edge of the room.</p> <p>Students create their own circuit using own timers.</p>

Core P.E. Year 9 Learning Intentions Spring Half Term 1

2024-2025