

Core P.E. Year 9 Learning Intentions Spring Half Term 2 2024-2025

	9CR 2 & 3	9CR 4 & 5	9CR 1 & 6
	Dance/gym	Handball	Hockey
WEEK 22 wc 24 th February	<p>Boxing Lesson x1</p> <p>Students will be shown different ways of training whilst boxing: Basic jab/upper cut/Hook Adding the duck Moving partner around Speed round Pushing back with the pads.</p>	<p>To accurately replicate prior learnt types of passes. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the difference in rules of Handball. 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 Basic passing</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>	<p>To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of Handball and begin to correctly officiate.</p>	<p>Jab Tackle: Jab first Talk about shadowing 3v1 games with just jab tackle & shadowing</p>
WEEK 23 wc 3 rd March	<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 develop an understanding and knowledge of how to perform fast breaks and the roles of support players. To replicate the correct shooting technique. 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>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>	<p>To be able to perform a high arm pass with the correct technique. To understand how to counterattack and the necessary positions. To combine the use of passing to outwit opponents. To develop a confident understanding of the rules and laws of Handball.</p>	<p>Game play using tackling. Focus upon decision making & tackling is it best to Jab/shadow/block</p>

WEEK 24 wc 10 th March	<p>Circuit Session:</p> <p>Students follow a circuit set up by member of staff.</p>	<p>To develop the knowledge and understand how to form a small break away attack.</p> <p>To understand and accurately describe the different positions.</p> <p>To develop knowledge of when a counterattack is used.</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>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>	<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>
	Football Boys	Badminton Girls	
WEEK 25 wc 17 th March	<p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>	<p>Badminton</p> <ul style="list-style-type: none"> Recall how to set up a badminton court. To demonstrate the basic grip and handle skill. To be able to keep a rally using the correct serve, net shot and overhead clear. 	
	<p>To be able to outwit opponents using different types of skill and deceit. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p> <p>To develop strategic and tactical play in a full sided game.</p>	<p>Badminton</p> <ul style="list-style-type: none"> To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system. Ladders tournament 	
WEEK 26 wc 24 th March	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.</p> <p>To appreciate how to adjust shot selection based on goalkeepers positioning.</p>	<p>Badminton</p> <ul style="list-style-type: none"> To explain the teaching points for the backhand serve in badminton. <p>To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.</p>	

	To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.		
	To perform set plays & crosses using varying height, speed and positioning. To develop creativity in developing new strategies from corner kicks in attack and defence. To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics. To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games.	Badminton <ul style="list-style-type: none"> To explain the teaching points for the forehand serve in badminton. To be able to perform the forehand serve aiming for different areas of the court, in both isolation and in competitive games.	
WEEK 27 wc 31 st March	Game Play Students ref/ump games Students manage own teams	Badminton <ul style="list-style-type: none"> To demonstrate the teaching points for the overhead clear. To be able to perform the overhead clear, gaining distance and sending the shuttle to the back of the court in isolation and a game. 	
	Game Play Students ref/ump games Students manage own teams	Badminton <ul style="list-style-type: none"> To demonstrate the teaching points for the net shot/net play. To be able to perform the net shot in practice and in a game displaying control and accuracy consistently. 	