



# Year 9 Netball Learning Journey



## Equipment needed

- Netball Posts
- Netballs
- Bibs

## Reminders

- We will be outside – bring your jumpers or base layers.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Footwork</b>  Turning in the air.
<u>Lesson 2</u>	<b>Use of space</b>  Timing of a run – focus on running onto the pass.
<u>Lesson 3</u>	<b>Defending Principles</b>  Stages 1 and 2 marking including interceptions.
<u>Lesson 4</u>	<b>Netball Game</b>  Focus on applying stage 1 and 2 marking.
<u>Lesson 5</u>	<b>Tactics</b>  Set plays for centre passes, Semi circles and defending side lines and back lines.
<u>Lesson 6</u>	<b>Netball Game</b>  Apply set plays and practice umpiring.

## Keywords

<b>Stage 1 Defending</b>	<b>Stage 2 Defending</b>	<b>Stage 3 Defending</b>	<b>Set plays</b>	<b>Umpiring</b>
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Girls only this term  
*Add Astra*★





# Year 9 Gymnastics Learning Journey



## Equipment needed

- Gymnastics equipment
- Mats

## Reminders

- You are not permitted to wear trainers or socks in Gymnastics.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Rhythmic gymnastics recap
<u>Lesson 2</u>	Gymnastics equipment  Look at using the air track to improve control and accuracy.
<u>Lesson 3</u>	Cheerleading motions and basics.
<u>Lesson 4</u>	Cheerleading jumps and tumbles.
<u>Lesson 5</u>	Cheerleading stunting
<u>Lesson 6</u>	Creation and performance of a routine

## Keywords

Rhythmic

Tumbles

Stunting

Aesthetics



# Year 9 Badminton Learning Journey



## Equipment needed

- Badminton Posts and nets
- Shuttles
- Rackets

## Reminders

- We will be inside for this lesson.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Recap of previous shots</b>  Overhead shots, net shots, serves and underarm shots.
<u>Lesson 2</u>	<b>Setting up a smash shot</b>  Tactical play with a smash shot.
<u>Lesson 3</u>	<b>Setting up a drop shot</b>  Tactical play with a drop shot.
<u>Lesson 4</u>	<b>Disguise and Deception</b>  Looking at how to disguise shots to outwit an opponent.
<u>Lesson 5</u>	<b>Push and Pull</b>  Moving an opponent around the court.
<u>Lesson 6</u>	<b>Full Game</b>  Apply tactics to a game.

## Keywords

Tactical

Disguise

Deception

Outwit

Opponent





# Year 9 Football Learning Journey



## Equipment needed

- Footballs
- Cones
- Bibs

## Reminders

- We will be outside – bring your jumpers or base layers.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Moving the ball</b>  Moving the defence to create space
<u>Lesson 2</u>	<b>Attack vs defence</b>  Attacking cross runs and decision making.
<u>Lesson 3</u>	<b>Attack vs defence</b>  Creating space.
<u>Lesson 4</u>	<b>Attack vs Defence</b>  Defending
<u>Lesson 5</u>	<b>Attack vs Defence</b>  Focus on defending , decision making and body positioning.
<u>Lesson 6</u>	<b>Constraints based learning</b>  Scenario based games.

## Keywords

Attacking

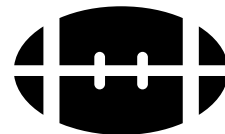
Defending

Constraints

Scenario



# Year 9 Rugby Learning Journey



## Equipment needed

- Cones/spots
- Rugby Balls
- Bibs
- Tags

## Reminders

- We will be outside – bring your jumpers or base layers.
- You will need studs as you will be on the field.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Principles of attacking</b>  Go forward and support.
<u>Lesson 2</u>	<b>Attacking Variations</b>  Switch and DSP
<u>Lesson 3</u>	<b>Side and rear tackling</b>  How to perform a side and rear tackle.
<u>Lesson 4</u>	<b>Jackling and counter ruck</b>  Looking at stealing the ball from the opposition.
<u>Lesson 5</u>	<b>Scrum</b>  3v3 scrum work
<u>Lesson 6</u>	<b>Kicking within a game</b>  Kicking from hand, kicking from the ground and high catch.

## Keywords

Principles	Jackling	opposition	DSP
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Boys only this term

*Ad Astra*★

