

Core P.E. Year 9			
Learning Intentions Summer Term 1		2024-2025	
	9CR 2 & 3	9CR 4 & 5	9CR 1 & 6
	Fitness/Track	Fitness/Track	Fitness/Track
Week 28 w/c 21 st April	12min Cooper Run	12min Cooper Run	12min Cooper Run
	Baseline fitness test to measure all students basic level of cardiovascular Fitness	Baseline fitness test to measure all students basic level of cardiovascular Fitness	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.	Score to be recorded and Repeated at the end of the 4 week Block.	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 29 w/c 28 th April	Australian Relays	Australian Relays	Australian Relays
	X4 teams working together to try and catch the other teams.	X4 teams working together to try and catch the other teams.	X4 teams working together to try and catch the other teams.
	Interval Training	Interval Training	Interval Training
	Football skills & Cardiovascular training.	Football skills & Cardiovascular training.	Football skills & Cardiovascular training.
	Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
Week 30 w/c 5 th May	Basketball Drills & cardiovascular Training	Basketball Drills & cardiovascular Training	Basketball Drills & cardiovascular Training
	Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.
	Rugby Fitness drills	Rugby Fitness drills	Rugby Fitness drills
	Ball handling Relays	Ball handling Relays	Ball handling Relays

	Circle drills Passing and moving down the line	Circle drills Passing and moving down the line	Circle drills Passing and moving down the line
	Athletics	Cricket	Rounders
Week 31 w/c 12 th May	100m Sprint: Looking at Sprint Start and Sprint Technique	Recap the basic skills from Cricket activities from Year 8 Put into practice these skills in a small sided modified game Utilise these skills with increasing effectiveness and consistency in order to improve the chances of winning the game	Accurate & fast throws. Isolation practice of all the throws Then: 4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.
	Javelin: Safety First How to hold How to throw Start run up	Describe the use of defensive block Apply the teaching points for the defensive block into a practise Evaluate each other's ability to perform the skill practised in the lesson in a game situation	Batting for accuracy Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. Pairs – underarm throw, hit back directly to partner. 4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. Rules about stepping out of batting square.
Week 32 w/c 19 th May	Relay: 4x100m Baton change over How the race goes	Analyse the technique involved in bowling Apply variation (change of speed, length, flight) to improve personal bowling performance Evaluate personal performance and reflect on how improvements could be made	Effective fielding team? 4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batter's hit + create tactics to outwit opposition. Link to full game. Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.
	Shot Put: Safety First How to hold Standing position Throw	List the wicket keeper's roles and responsibilities. Relate these to practices specific to the role of a wicket keeper Modified game / practice where the wicket keeper scores additional points for their team	Golden triangle: Explain the process: have quick practice games to let people have a go. Conditioned Game: Batters start with 5 points, fielders take 1 point away for each out. Batters don't score just aim to stay in. Bonus points for fielders if do it in less than 5mins/10mins

