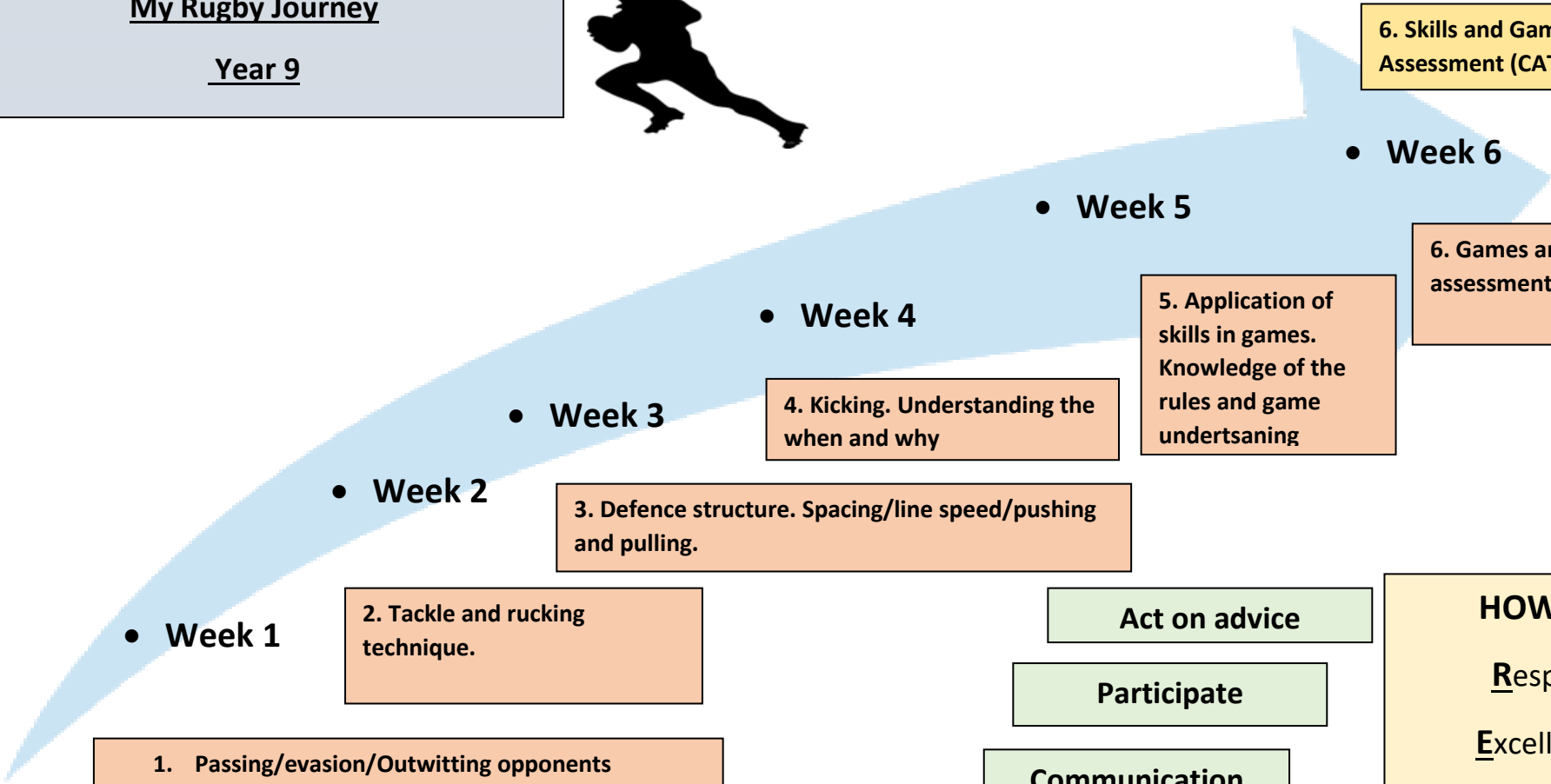


**My Rugby Journey**  
**Year 9**



• **Week 1**  
1. Passing/evasion/Outwitting opponents

• **Week 2**  
2. Tackle and rucking technique.

• **Week 3**  
3. Defence structure. Spacing/line speed/pushing and pulling.

• **Week 4**  
4. Kicking. Understanding the when and why

• **Week 5**  
5. Application of skills in games. Knowledge of the rules and game understanding

• **Week 6**  
6. Games and assessment

6. Skills and Games Assessment (CAT Grade)

- Act on advice
- Participate
- Communication
- Resilience
- Teamwork

**HOW TO**  
Respect  
Excellence  
Adventure  
Commitment  
Honesty  
**IN RUGBY**

## My Hockey Journey

Year 9

### • Week 1

1. Recapping dribbling, passing and receiving



### • Week 2

2. Introducing the slap/sweep pass

### • Week 3

3. Defending principles – shadowing, channelling and tackling

### • Week 4

4. Attacking principles – creating space and using formations

### • Week 5

5. Set plays – short corners, sidelines, free hits, long corners

### • Week 6

6. Application of skills to a game – playing and umpiring a hockey match

6. Skills and Games Assessment (CAT Grade)

### HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN HOCKEY

# My Netball Journey

Year 9

6. Skills and Games  
Assessment (CAT Grade)

## • Week 6

6. Application of skill & game play knowledge – playing and umpiring

## • Week 5

Circle tactics – attack and defence

## • Week 4

Court defence tactics – Channelling/Zone play

## • Week 3

Centre pass tactics - Attack & Defence

## • Week 2

Attacking play tactics

## • Week 1

Core skills recap – Passing, Footwork on the move/split landing, attack & defence

Act on advice

Participate

Communication

Resilience

Teamwork

**HOW TO**

Respect

Excellence

Adventure

Commitment

Honesty

**IN NETBALL**



# My Badminton Journey

Year 9



## • Week 1

Recap on grip, positioning and clearing shots

## • Week 2

Clearing the shuttle

## • Week 3

Drop shot

## • Week 4

The smash

## • Week 5

Doubles and singles tactics

## • Week 6

Game play & assessment

Skills and Games Assessment (CAT Grade)

Effective Listening

Participation

Communication

Resilience

Decision Making

## HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

**IN Tennis**



### Honesty

- Being truthful about your effort and performance.
- Sticking to the rules and etiquette of the activity.
- Communicating openly with teachers, coaches and each other.

## My Handball Journey

6. Skills and Games Assessment (CAT Grade)

• Week 6

6. Game play - Application of skill & game play knowledge.

• Week 5

Goal keeping and officiating/game play

• Week 4

4. Defending and Tackling

• Week 3

3. Shooting

• Week 2

2. Dribbling

• Week 1

1. Ball Familiarisation

Act on advice

Participate

Communication

Resilience

Teamwork



# My Health-Related Fitness Journey

Year 9

6. Fitness Testing Assessment (CAT Grade)

## • Week 6

1. SAQ Training
2. Fitness Re-testing

## • Week 5

1. Interval Training, Diet & Nutrition.
2. Core stability Training - Yoga

## • Week 4

HIIT Training, Heart Rate and Training Zones

## • Week 3

Muscular Endurance & Circuit Training

## • Week 2

Cardiovascular Endurance & Continuous Training

## • Week 1

Fitness Testing and the importance of a healthy active lifestyle

## HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN HRF



### Start

By the end of year 9 I will have competed the following:



### Shot put

- I can accurately replicate the technique for an effective shot and show a shuffle.
- Understand the rules regarding throwing and landing.

### Long Jump

- I can replicate the technique for an effective long jump.
- I can explain how I can produce a powerful jump and what shape my body should be mid-flight.

### Javelin

- I can apply previous years learning and now progress onto a running or 3 stride throw.
- Perform the event and record the distance achieved.

## My Year 9 Athletic Journey

### Athletics soft skills, I can:

- Perform and record distances/ times for the event.
- Understanding the rules and safety for throwing and landing events.

### Sprints 100/200m

- I can explain/ demonstrate the technique how to run effectively.
- I can demonstrate a block sprint start.

### Relay 4X100m

- I can accurately replicate the down/ upswEEP in the changeover of batons.
- I can execute/ explain how to produce an effective baton exchange.

### Middle distance 800m

- I can accurately replicate/ explain an effective running technique.
- I can pace myself during the 800m, showing control and accuracy in my speed.

### High Jump

- I can demonstrate the Fosbury flop with a full run up, explaining the benefit of a full run up.
- I can provide teacher points to help students improve.

My Volleyball Journey

Year 9



• Week 2

2. The spike – improving power and accuracy

• Week 1

1. Recapping passing – the set and the dig



• Week 3

3. Overhand serve – introducing the technique



• Week 4

4. Introducing the block technique



• Week 5

5. Match play – tactics, decision making and umpiring

• Week 6

6. Application of skills to a game – playing and umpiring a volleyball match

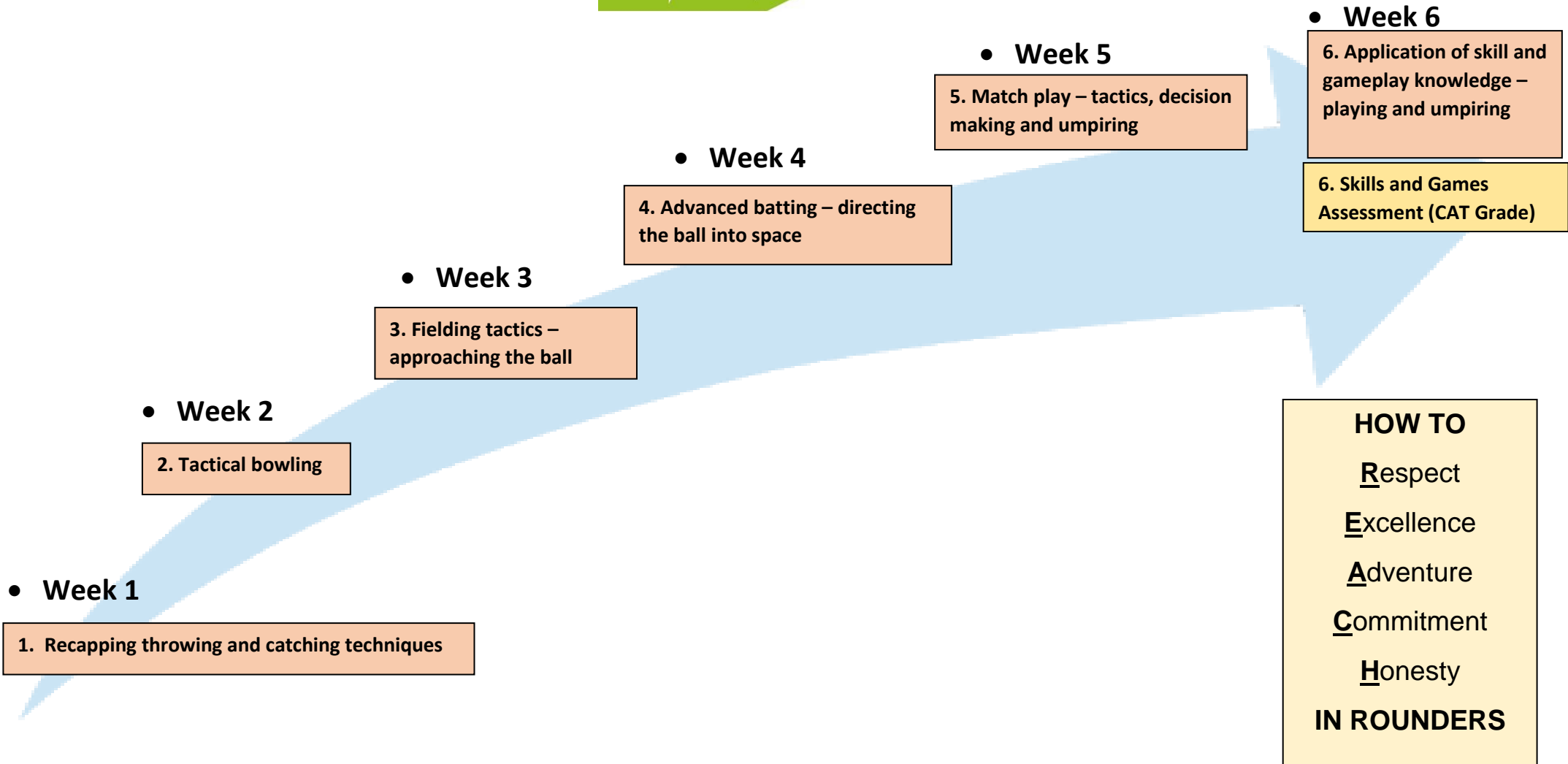
6. Skills and Games Assessment (CAT Grade)

**HOW TO**  
**Respect**  
**Excellence**  
**Adventure**  
**Commitment**  
**Honesty**  
**IN VOLLEYBALL**



My Rounders Journey

Year 9



**HOW TO**  
Respect  
Excellence  
Adventure  
Commitment  
Honesty  
**IN ROUNDERS**

My Cricket Journey

Year 9

6. Skills and Games Assessment (CAT Grade)

• Week 6

6. Game play - Application of skill & game play knowledge.

• Week 5

5. Wicket Keeping

• Week 4

4. Bowling-Spin and pace

• Week 3

3. Batting- Cut shot

• Week 2

2. Batting-Defensive shots

1. Fielding Fundamentals

Act on advice

Participate

Communication

Resilience

Teamwork

