

Week 1 (lesson 1&2)  
➤ Ball Mastery

Week 2 (lesson 3&4)  
➤ Shooting in  
combination play



Week 4 (lesson 7&8)  
➤ Out of possession

Week 3 (lesson 5&6)  
➤ Overloads and  
counter attacks

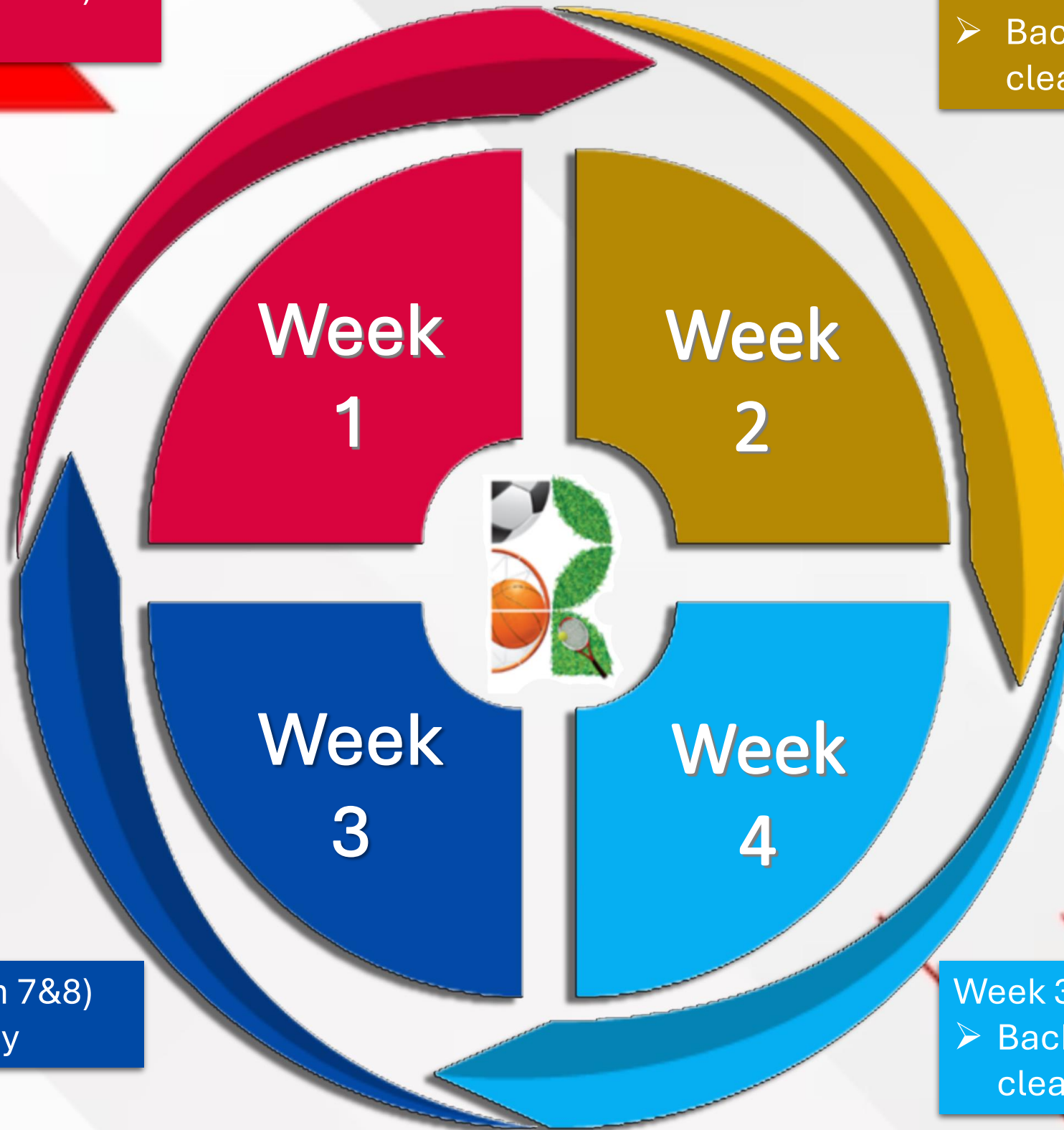
# Year 9 Football Journey

Week 1 (lesson 1&2)

➤ Flick serve

Week 2 (lesson 3&4)

➤ Backhand overhead clear



Week 4 (lesson 7&8)

➤ Doubles play

Week 3 (lesson 5&6)

➤ Backhand underarm clear

# Year 9 Badminton Journey



Week 1 (lesson 1&2)

- Set shot shooting with defensive and offensive rebounds

Week 2 (lesson 3&4)

- Basketball Positions



Week 4 (lesson 7&8)

- Attacking plays/strategies

Week 3 (lesson 5&6)

- Denying attackers space on court

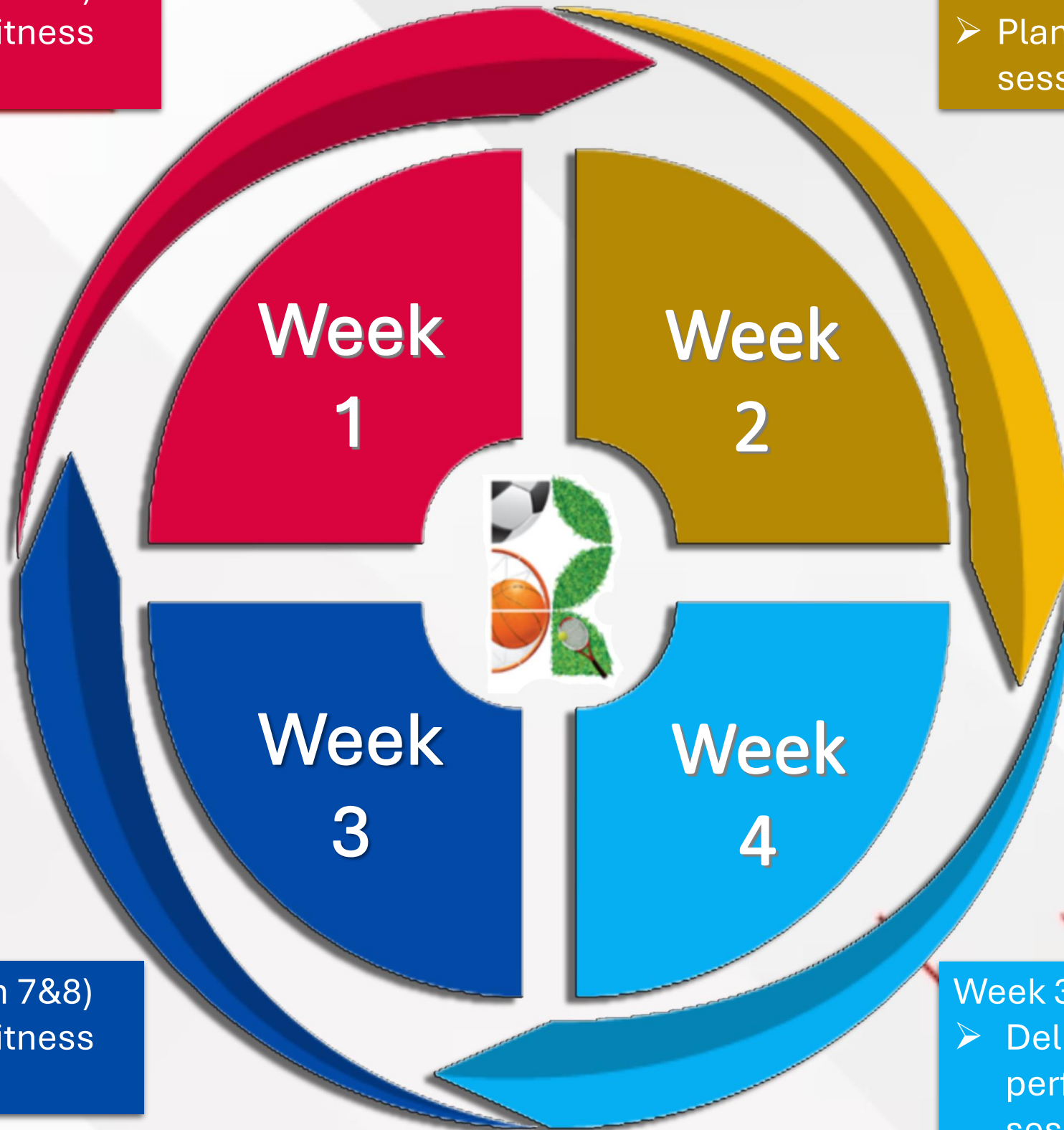
# Year 9 Basketball Journey

Week 1 (lesson 1&2)

- Measuring fitness levels

Week 2 (lesson 3&4)

- Planning a fitness session



Week 4 (lesson 7&8)

- Measuring fitness levels

Week 3 (lesson 5&6)

- Delivering and performing a fitness session

# Year 9 HRF Journey



Week 1 (lesson 1&2)

➤ Positions recap

Week 2 (lesson 3&4)

➤ Attacking principles



Week 4 (lesson 7&8)

➤ Centre and back  
line set plays

Week 3 (lesson 5&6)

➤ Advanced shooting  
techniques

# Year 9 Netball Journey

Week 1 (lesson 1&2)

➤ Introduction to serving

Week 2 (lesson 3&4)

➤ Introduction to dig shot



Week 4 (lesson 7&8)

➤ Introduction to smash shot

Week 3 (lesson 5&6)

➤ Introduction to set shot

# Year 9 Volleyball Journey

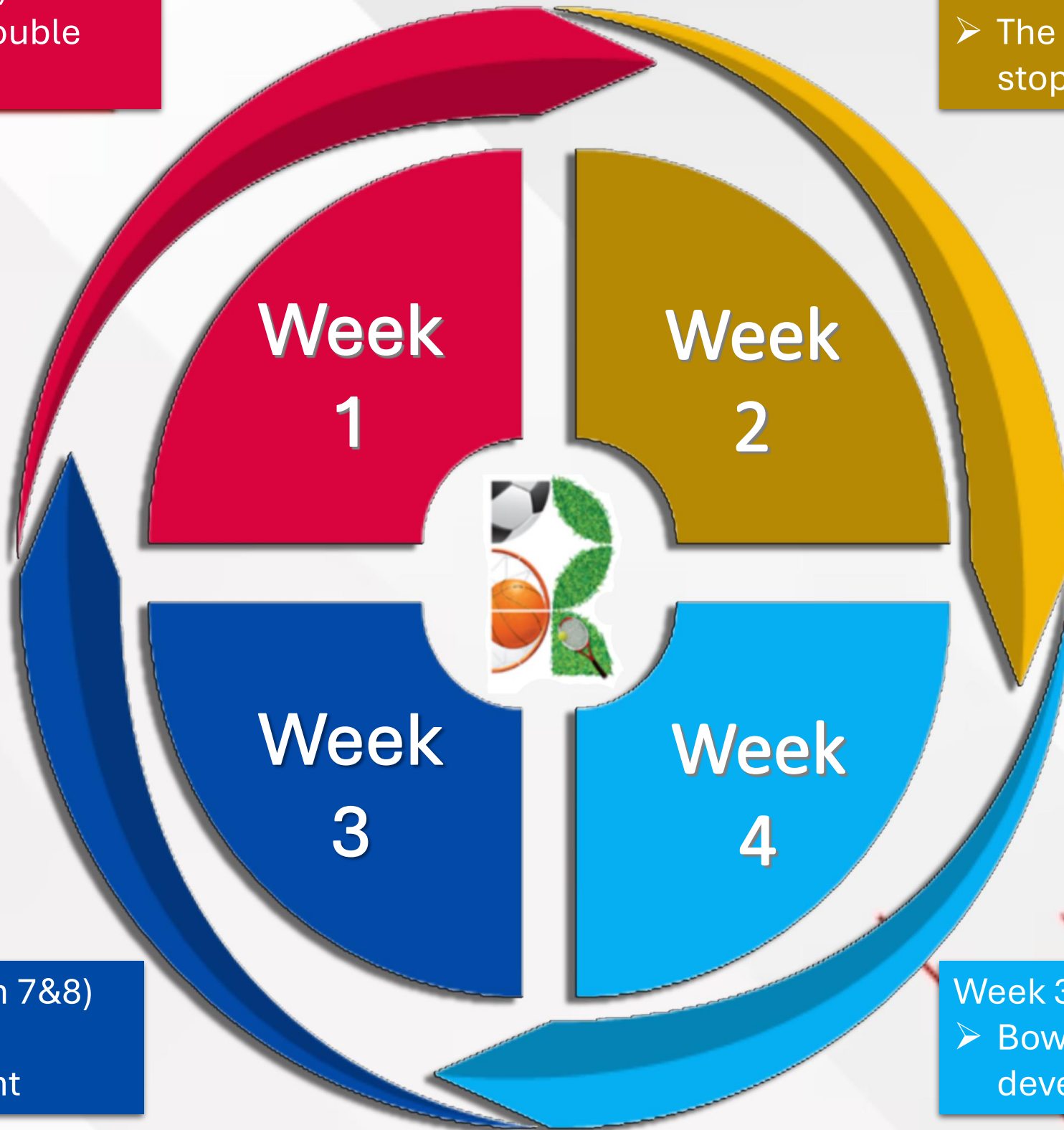


Week 1 (lesson 1&2)

- Low catch and double cover

Week 2 (lesson 3&4)

- The role of a back stop



Week 4 (lesson 7&8)

- Batting development

Week 3 (lesson 5&6)

- Bowling development

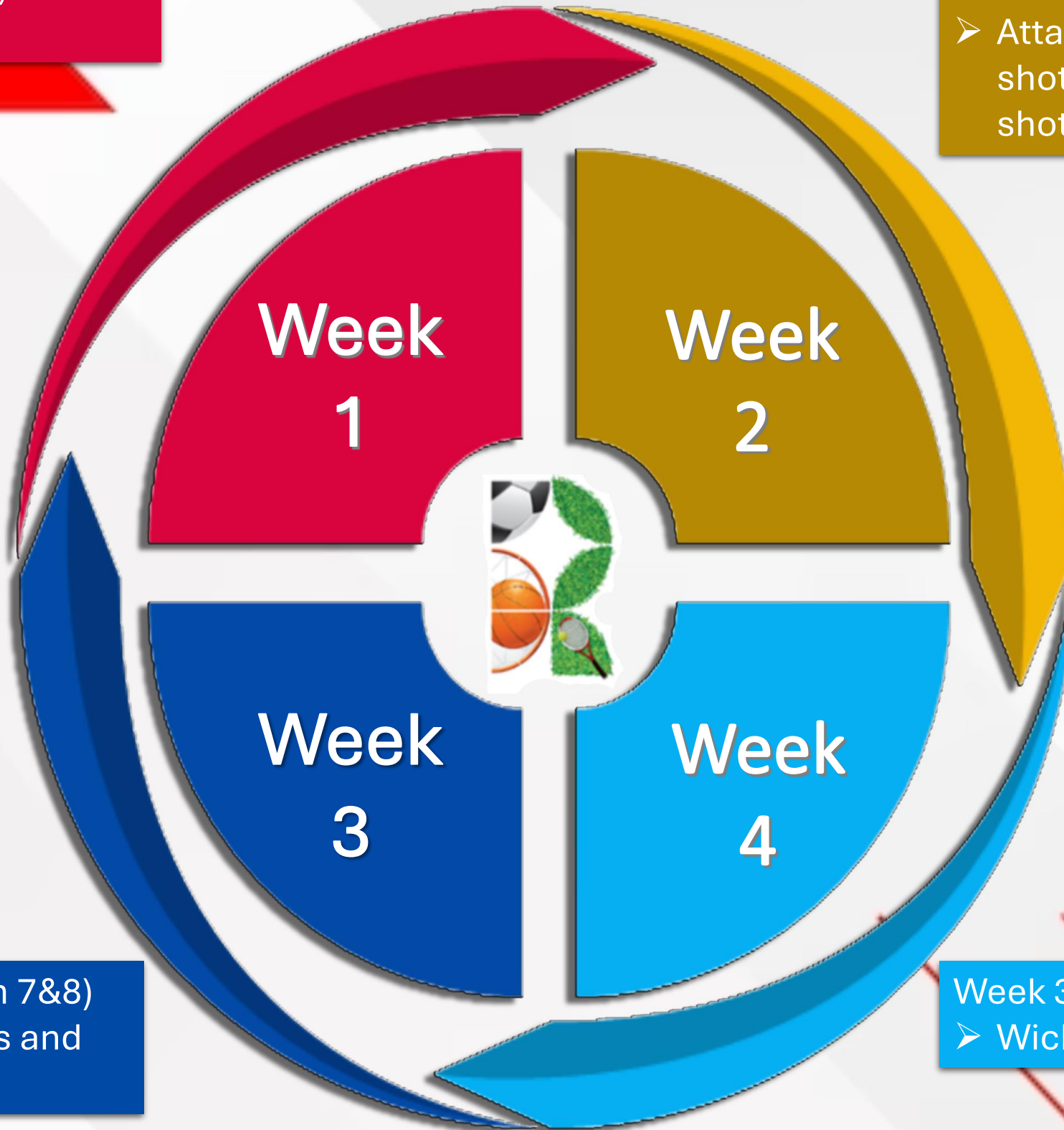
# Year 9 Rounders Journey

Week 1 (lesson 1&2)

➤ Bowling variation

Week 2 (lesson 3&4)

➤ Attacking batting shots; pull and hook shots



Week 4 (lesson 7&8)

➤ Field set ups and tactics

Week 3 (lesson 5&6)

➤ Wicket keeping

# Year 9 Cricket Journey

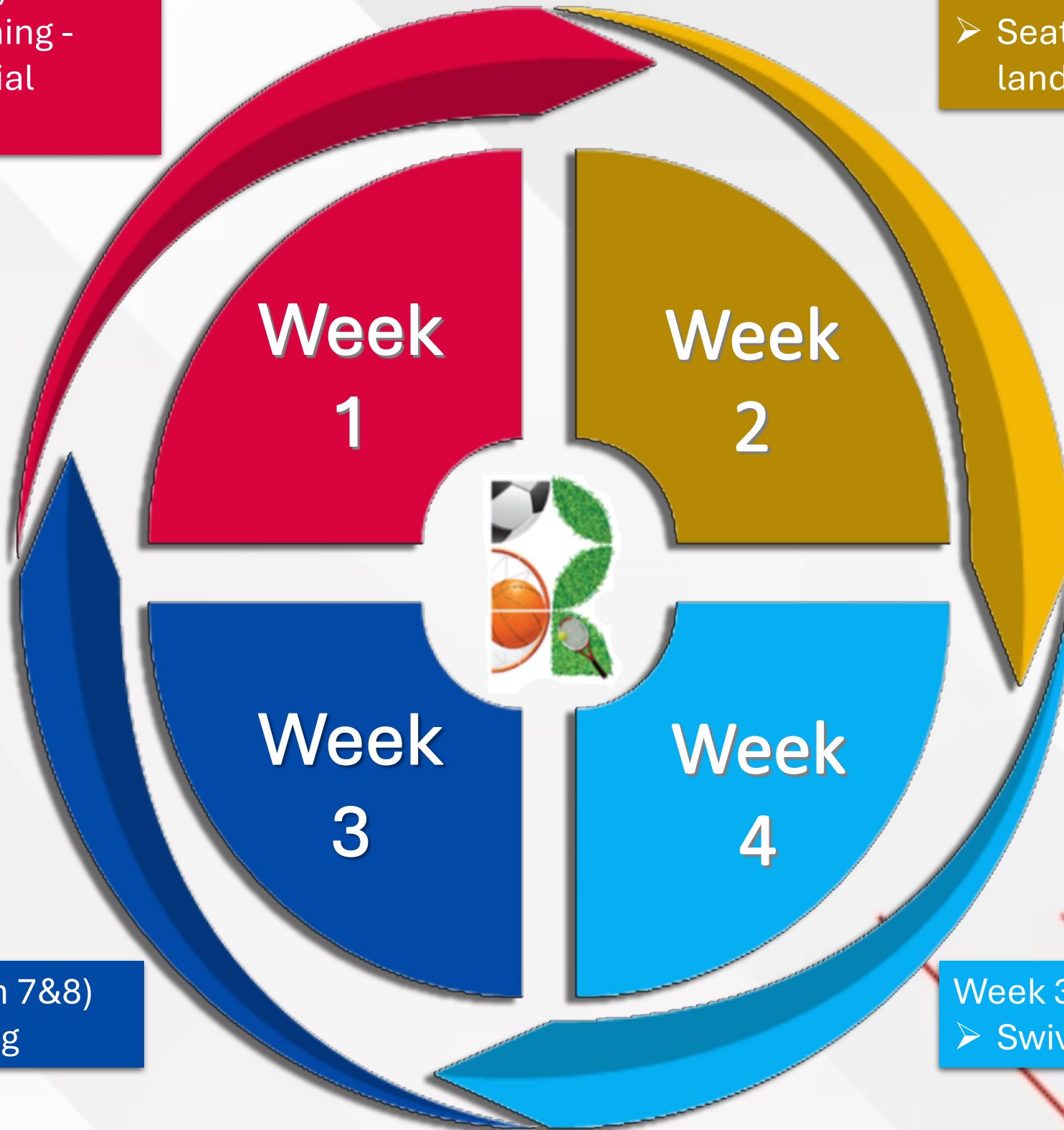


Week 1 (lesson 1&2)

- Intro to trampolining - Basic jumps/ aerial shapes/ turns

Week 2 (lesson 3&4)

- Seat drop and landing



Week 4 (lesson 7&8)

- Front landing

Week 3 (lesson 5&6)

- Swivel hips

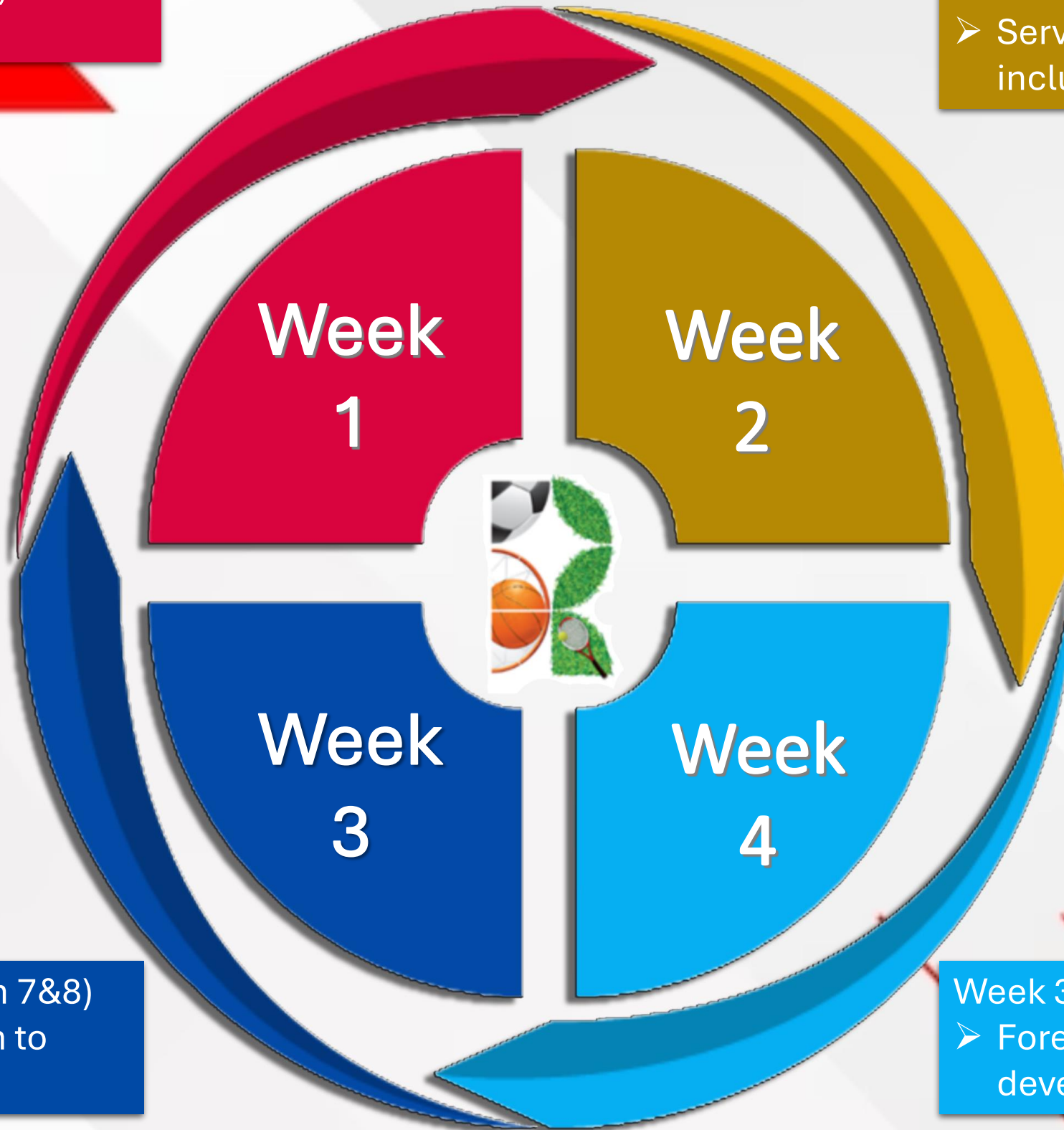
# Year 9 Trampolining Journey

Week 1 (lesson 1&2)

➤ Backhand flick

Week 2 (lesson 3&4)

➤ Serving variations;  
including pendulum



Week 4 (lesson 7&8)

➤ Introduction to  
doubles

Week 3 (lesson 5&6)

➤ Forehand  
development

# Year 9 Table tennis Journey



Lesson 1  
➤ 100m

Lesson 2  
➤ 800m

Lesson 6  
➤ Discus

Lesson 3  
➤ Long jump

Lesson 5  
➤ Javelin

Lesson 4  
➤ High jump



# Year 9 Athletics Journey

Week 1 (lesson 1&2)

➤ Ball Mastery

Week 2 (lesson 3&4)

➤ Shooting in  
combination play



Week 4 (lesson 7&8)

➤ Out of possession

Week 3 (lesson 5&6)

➤ Overloads and  
counter attacks

# Year 9 Football Journey

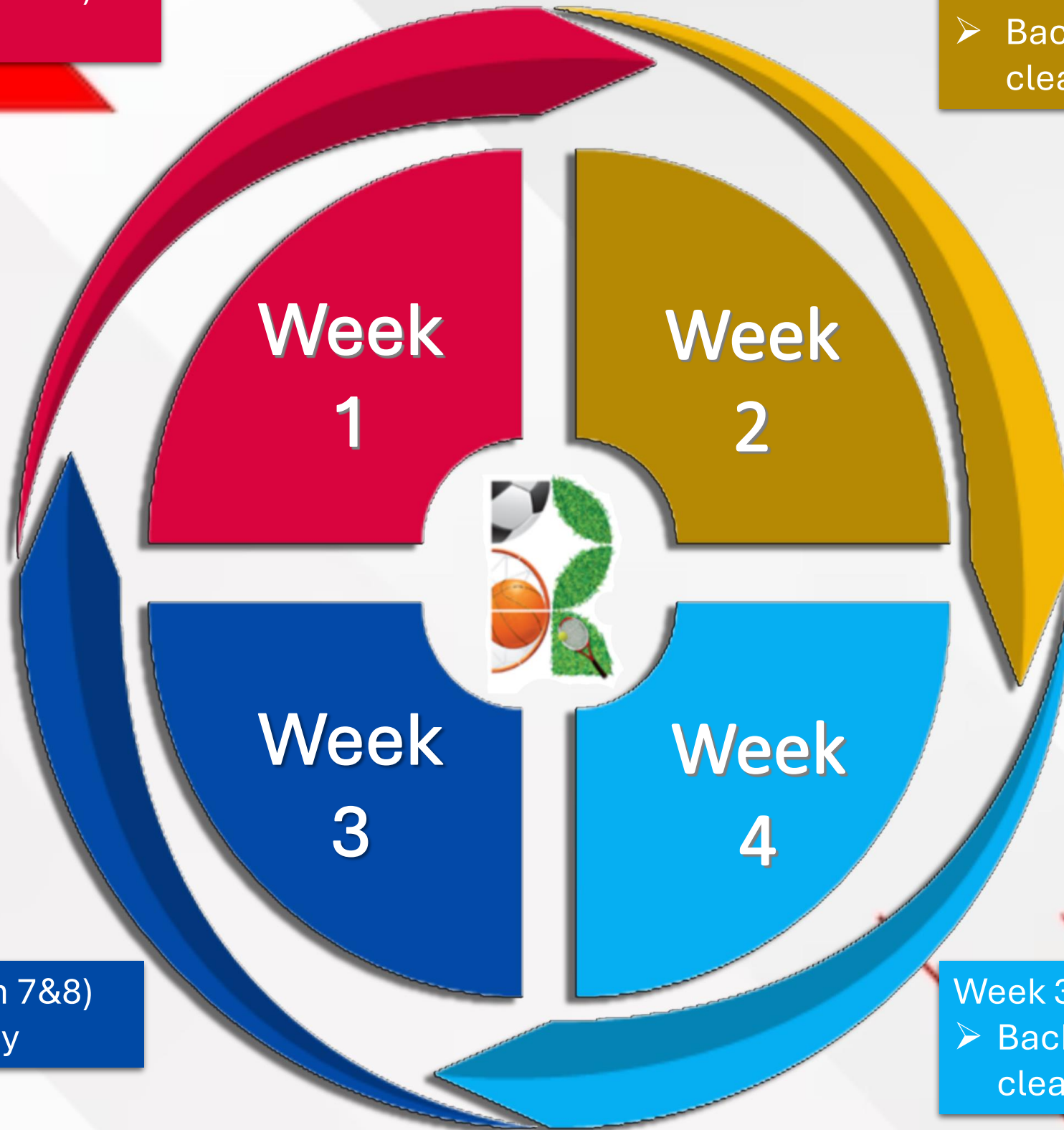


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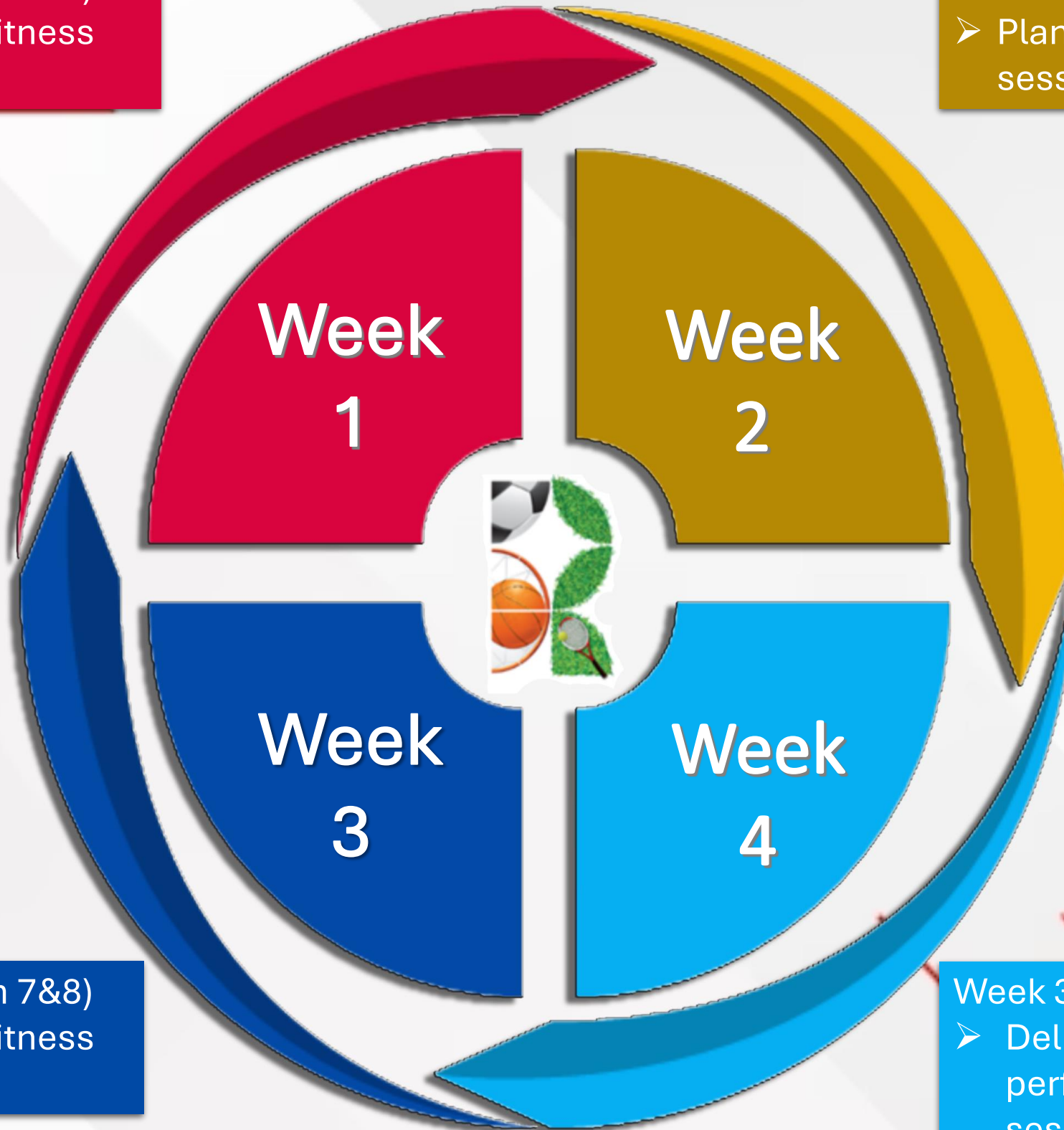


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- Measuring fitness levels

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# Year 9 HRF Journey

Week 1 (lesson 1&2)

➤ Positions recap

Week 2 (lesson 3&4)

➤ Attacking principles



Week  
1

Week  
2

Week  
3

Week  
4

Week 4 (lesson 7&8)

➤ Centre and back  
line set plays

Week 3 (lesson 5&6)

➤ Advanced shooting  
techniques

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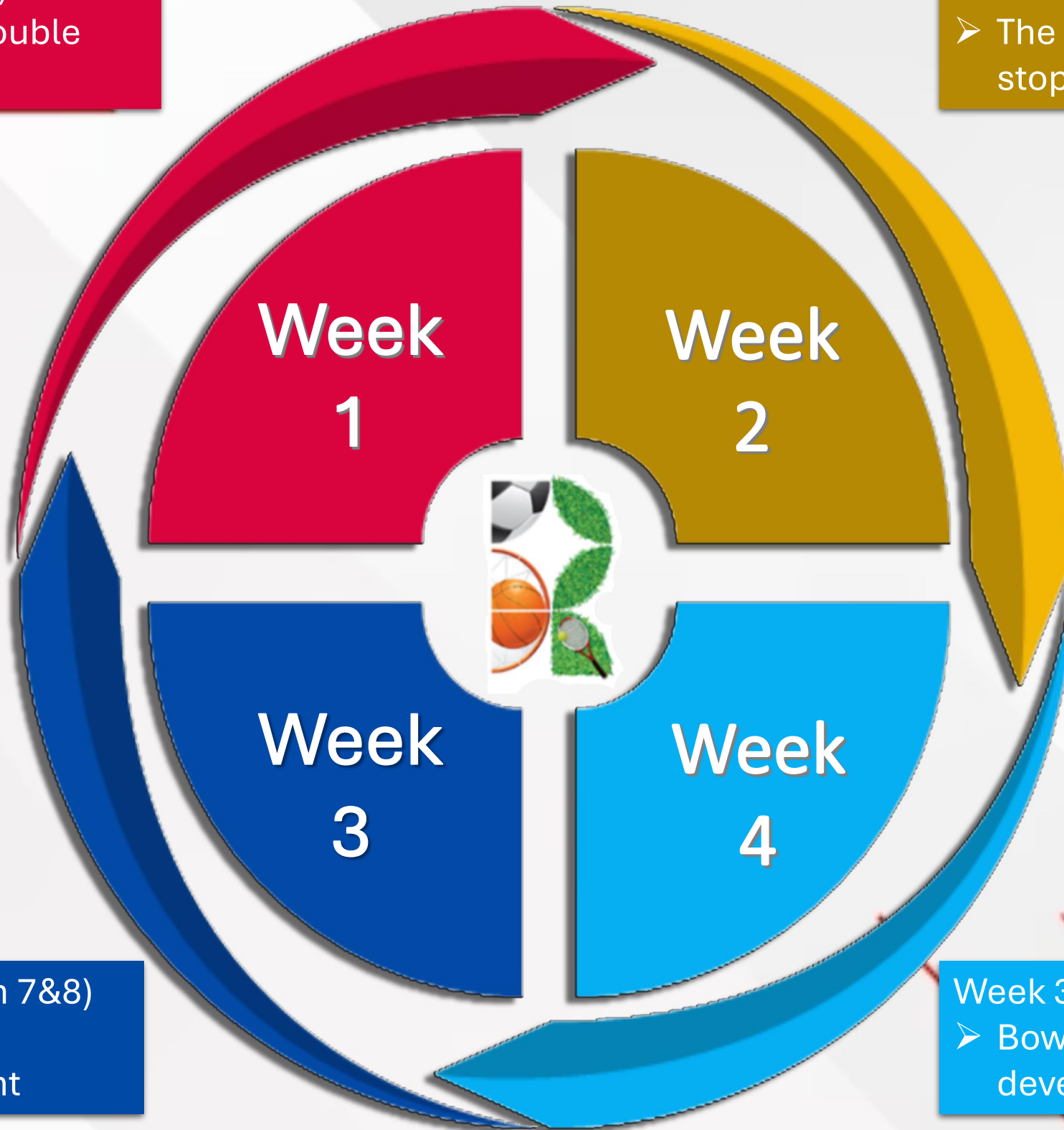
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Week 3 (lesson 5&6)

- Bowling development

# Year 9 Rounders Journey

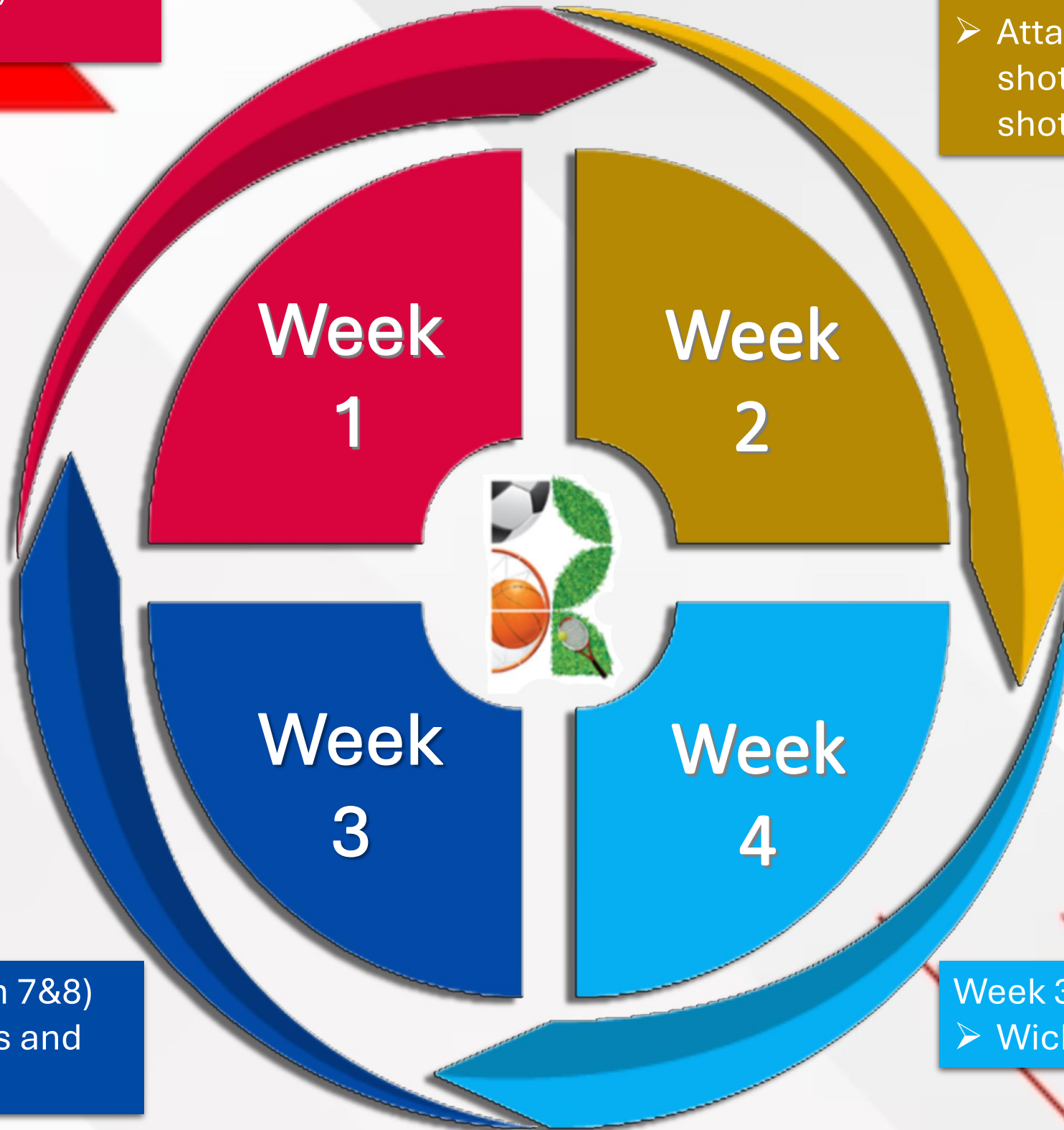


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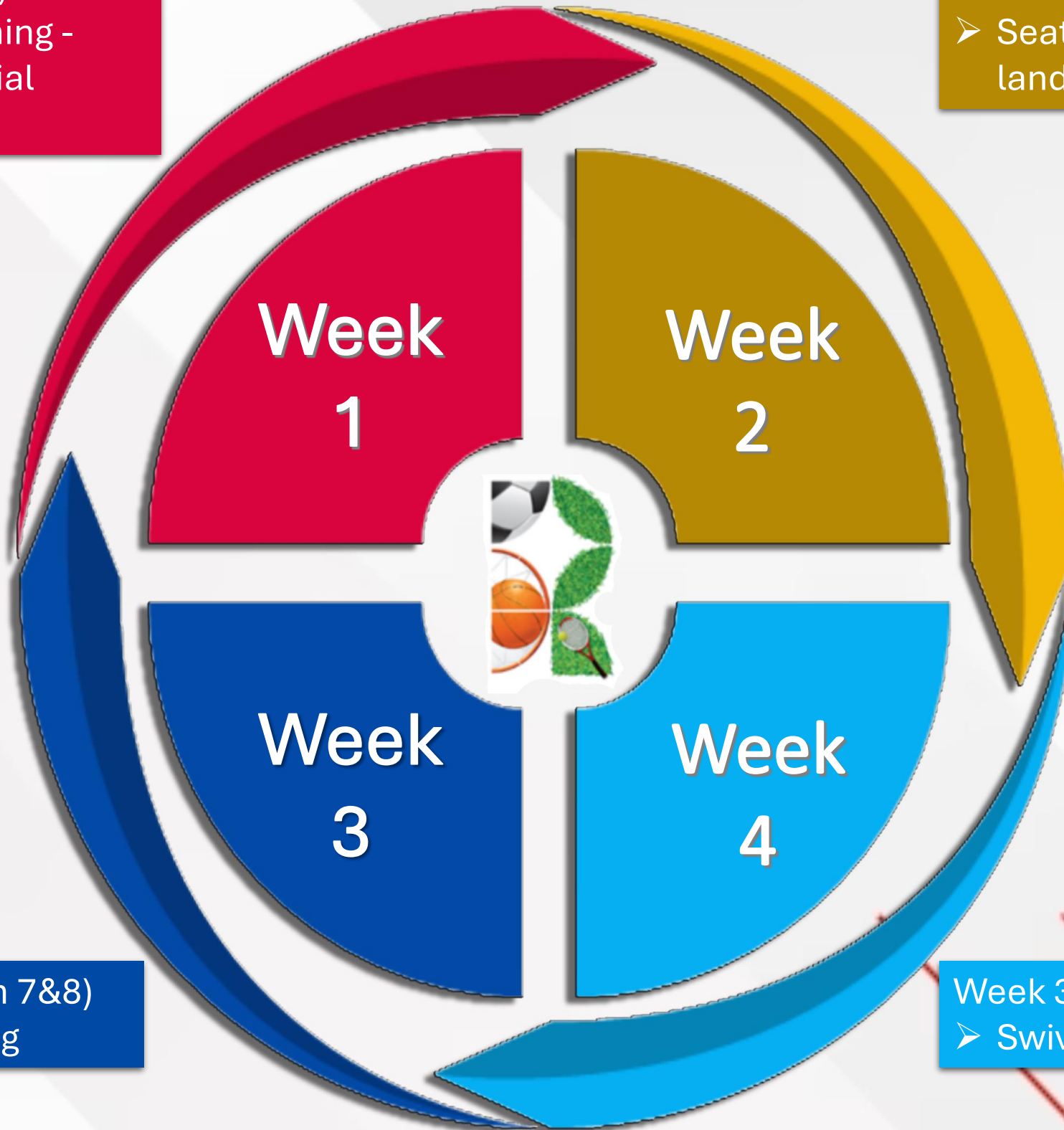
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# Year 9 Trampolining Journey

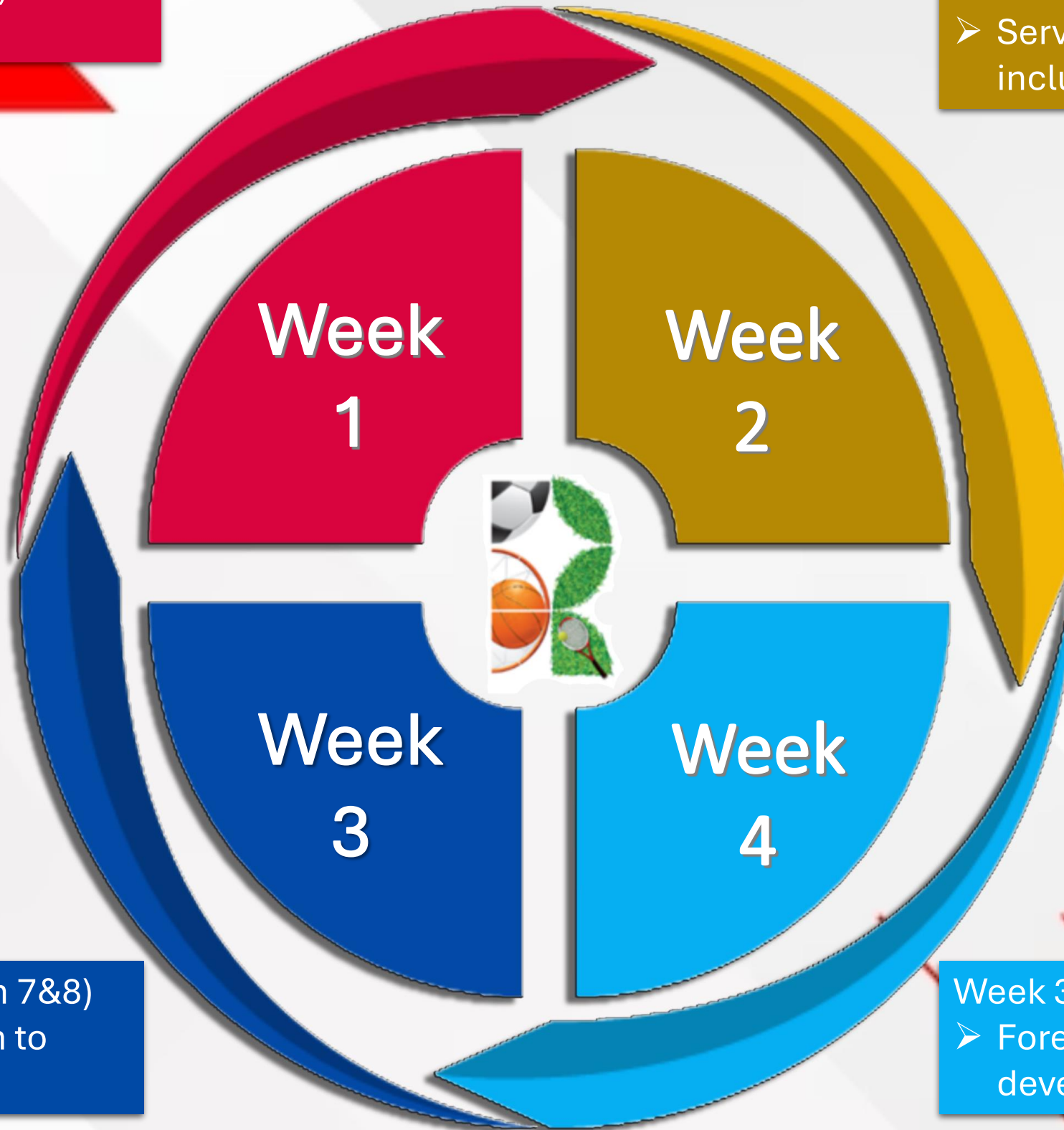


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Lesson 4  
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# Year 9 Athletics Journey