

CURRICULUM CONTENT (KS3) YEAR 9

	SPORTS	OVERVIEW OF SKILLS TAUGHT (students are assessed at the end of every scheme of work)	EXTENSION ACTIVITIES THAT PARENTS CAN UNDERTAKE TO SUPPORT LEARNING.
Autumn Term	NETBALL	Ball handling, running pass, blocking, attacking and defending back lines, centre pass scenarios.	<p>Students at Rugby High are encouraged to try a whole range of sports in the hope that each girl will find a sport they love and would want to pursue outside of school.</p> <p>Although extra-curricular clubs are provided in a range of sports at RHS, parents can support their daughters by encouraging and helping to provide opportunities, outside of school, to join local teams and nurture their daughter's interests.</p> <p>Second to actually playing sports, it is always in the media. When well documented competitions are available to view such as Wimbledon, Olympics, World Cups, parents can enjoy time with their daughters sharing these experiences.</p> <p>Better still going to live games. For example seeing the Wasps play at the Richo – a great family day out!</p>
	HOCKEY	Self-assessment, transferring drills from other sports, power hitting, hit ins, penalty corners.	
	DANCE	Exploring different styles of dance. Motif one created by teacher and taught to whole class. Then each lesson is a new style of dance (ballet, street, lyrical). Warm ups incorporate/teach students moves within that style and then as a group they create the next motif.	
	FOOTBALL	Passing a dribbling, lofted pass, throw ins, headers, shooting on the move.	
	RHYTHMIC GYM	Floor routine, balls, hoops, ribbons. Exploring moves with the equipment and creating a group sequence to music.	
Spring Term	VOLLEYBALL	Serve for power, block, set and smash, maintaining rallies, officiating.	
	BASKETBALL	Dribbling and passing on the move, jump shots, rebounding, free throws, zone defence.	
	AEROBICS	Understand the components of an aerobics session, learn basic moves, counting beats and leading moves, combining moves using the pyramid system for a full routine.	
	OAA	Grid referencing, line course, compass bearings, following and creating bearing walks	

Summer Term	TENNIS	Baseline rallies, lobs, smash, doubles	
	ROUNDERS	Batting power, batting directions, chaining, bowling variations, officiating.	
	ATHLETICS	Cover the full range of track and field events.	
	CRICKET	Bowling - spin, pull shot, defence shot, support positions, batting tactics, pairs cricket.	