


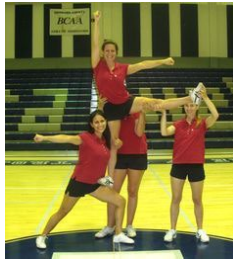


Concept: Creativity

The big picture: Building on from the previous two year, the focus of the year 9 creativity block is to develop the student’s teamwork by understanding flight. Students will be expected to be working in groups, looking at how to safely lift, flip and fly. Students in year 9 will learn how to apply the safety aspects of flight, flip, and lift, understanding the different roles and how what each role is responsible for during the movements. Students will also be expected to be able to perform a sequence/routine using previously learnt content. **Key concepts:** Creative movement is often expressed in groups and the need to be able to work cooperatively and safely. The aim is for students to develop a professional working relationship with their peers and have responsibility to keep others safe during creative activities.

Physical Literacy – Sport Specific Focus Link to Flight

Gymnastics/Parkour	<p>Vaults focusing on height and landing.</p> <ul style="list-style-type: none"> Safety Vault Speed Vault Dash Vault Pop Vault Kong Vault Lazy Vault Side Vault Safety Tap landing Crane landing Cat landing Precision landing Roll landing Quadrupedal landing 		
Aerial Arts	<p>Harness work – safe connection between the floor and the air</p> <p>Hammock work – flexible connection between floor and the air</p> <p>Hoop work – Rigid connection between floor and the air</p> <p>Sling work – individual connection moving between floor and air</p> <p>All aerial movements need to be performed with a minimum of 4 performers.</p>		
Cheerleading/Dance	<p>Focus on the stunts associated with cheerleading. Students will be working of groups of 6+ to support the performance of stunts. Specific roles will be explored</p> <ul style="list-style-type: none"> Main base Secondary base Back Spot Front Spot Additional sport Flyer <p>Students will develop the understanding of how to hold grips and create a secure platform for a stunt.</p> <ul style="list-style-type: none"> Thigh stand Load Prep Extension 		

Life Skills

Challenge– doing something that another thinks will be difficult or impossible.

Emotional Intelligence – To be aware of, control, and express one’s emotions, and to handle interpersonal relationships with empathy.

Leadership – Supporting a group of peers and being proactive in your learning and the learning of others.

Teamwork– working together and supporting others to ensure all succeed.

Health and Wellbeing

Being active is important for physical **health and wellbeing**. Working in partners and groups help develop social wellbeing. **Social wellbeing** relates to your sense of belonging, connection with peers and how valued we feel. Creative sports help develop social wellbeing by encouraging **communication** and **active listening**, for example counting in for a cheerleading stunt, the flyer and base need to listen to each other. **Emotional intelligence** is developed by the aerial arts, for example the performer is scared to complete the angel dive, you have completed the dive but were scared when you first learnt. You can understand and empathise with how the performer feels. These are key life skills that will be needed in both your work and personal life.