

# Physical Education Long Term Plan Year 9

## Autumn Term

| W/C                 | Week 1                                                                       | Week 2                                                                         | Week 3                                                                                                   | Week 4                                                          | Week 5                                                            | Week 6                                                                 | Week 7                                               | HALF TERM |
|---------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------|-----------|
| Topic               | Accurate Replication in Health-Related Fitness                               |                                                                                |                                                                                                          |                                                                 |                                                                   | Invasion Games in Football and Netball                                 |                                                      |           |
| Challenge – Group 1 | Baseline testing<br><br>Health and Fitness: (Astro) COF Tests Circuit & MSFT | Health and Fitness (Astro): Astro Circuit Training and HITT                    | Health and Fitness (Astro): Fartlek training and plyometrics (vertical jump test) (swap after 5 lessons) | Basketball (SH):<br><br>Ball Control & Sending and receiving    | Basketball (SH):<br><br>Support & Shooting<br>Inter-House Matches | Football (Astro): sending and receiving and Match Play                 | Football (Astro):<br><br>support in attack           |           |
| Challenge Group 2   | Baseline testing<br><br>Basketball: SH Ball Control & Sending and receiving  | Basketball (SH):<br>Support & Shooting                                         | Basketball (SH):<br>Penetration & Inter-House Matches                                                    | Health and Fitness (FTP): Circuit Training and HITT             | Health and Fitness (FTP): FTP COF Tests Circuit & MSFT            | Netball (SH):<br>sending and receiving & Footwork and Pivoting         | Netball (SH):<br>Positions and Match Play            |           |
| Inspire             | Know the constituent parts of warming up                                     | Understand the effects of exercise<br>Definitions of the components of fitness | Link component to fitness test, plus knowledge of the main procedures of each                            | Understand the distinctions between different types of training | Understand the basic cardio-respiratory system                    | Understand the basic difference between anaerobic and aerobic exercise | Bones - Identification of the bones at common joints |           |

| W/C                 | Week 8                                                                                   | Week 9                                                                       | Week 10                                                     | Week 11                                                                 | Week 12                                                                   | Week 13                                   | CHRISTMAS |
|---------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------|-----------|
| Topic               | Invasion Games in Football and Netball<br>(Guided Groupings in Sport Education Approach) |                                                                              |                                                             |                                                                         |                                                                           | Alternative Sport                         |           |
| Challenge – Group 1 | <b>Football (Astro):</b> Width of Play & Depth of Play                                   | <b>Football (Astro):</b> Maintaining Possession                              | <b>Football (Astro):</b> Penetration & Counterattack        | <b>Football (Astro):</b> Defensive Pressure & Defensive Cover and Delay | <b>Football (Astro):</b> <b>Inter-House Matches and competition final</b> | <b>Danish Longball</b> <b>Inter-House</b> |           |
| Challenge Group 2   | <b>Netball (SH):</b><br>Creating space and Passes leading the player                     | <b>Netball (SH):</b><br>outwitting opponents; Attacking strategies (Dodging) | <b>Netball (SH):</b><br>go forwards (Shooting & Rebounding) | <b>Netball (SH):</b><br>Match Play and Officiating                      | <b>Netball (SH):</b> <b>Inter-House Matches and competition final</b>     | <b>Danish Longball</b> <b>Inter-House</b> |           |
| Inspire             | Muscles - Location of the muscles use in key movements                                   | Joint Movements – identify during common actions                             | Joint Movements – identify during common actions            | Biomechanics – knowledge of axis and associated actions                 | Biomechanics – knowledge of axis and associated actions                   | Completion of end of term online quiz     |           |

# Physical Education Long Term Plan Year 9

## Spring Term

| W/C                                        | Week 14                                                                           | Week 15                                                                                | Week 16                                                   | Week 17                                                                            | Week 18                                                         | Week 19                                               | HALF TERM |
|--------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------|-----------|
| Topic                                      | Hand-Eye Co-ordination in Net Games and Meta-skills development in GCSE PE sports |                                                                                        |                                                           |                                                                                    |                                                                 |                                                       |           |
| Challenge – GCSE/Sport course prep Group 1 | Badminton (SH): creating space (OHC, high serve)                                  | Badminton (SH): Deception when creating space (Drop shot, low serve)                   | Badminton (SH): Attacking space & Inter-House ladder      | Touch Rugby (astro): Sending and receiving & Go forward                            | Touch Rugby (astro): Support & Defensive pressure               | Touch Rugby (astro): Continuity & Inter-House Matches |           |
| Challenge Group 2                          | Touch Rugby (astro): Sending and receiving & Go forward                           | Touch Rugby (astro): Support & Defensive pressure                                      | Touch Rugby (astro): Continuity & Inter-House Matches     | Badminton (SH):: OHC, high serve                                                   | Badminton (SH): Drop shot, low serve                            | Badminton (SH): Attacking space & Inter-House ladder  |           |
| Inspire                                    | Distributed learning - Know the constituent parts of warming up                   | Basic definition of the following skill classifications and examples: simple & complex | Distributed learning - Understand the effects of exercise | Basic definition of the following skill classifications and examples: gross & fine | Distributed learning - Definitions of the components of fitness | Know and use the types of feedback                    |           |

| W/C                                        | Week 20                                                                                 | Week 21                                                                                | Week 22                                                                                  | Week 23                                                                    | Week 24                                                                                       | Week 25                                                                                  | EASTER |
|--------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------|
| Topic                                      | Hand-Eye Co-ordination in Net Games and Meta-skills development in Alternative Pursuits |                                                                                        |                                                                                          |                                                                            |                                                                                               |                                                                                          |        |
| Challenge – GCSE/Sport course prep Group 1 | Table Tennis: creating space (Service, forehand push and forehand topspin)              | Table Tennis: playing opponents' weaknesses (Service, backhand push, backhand topspin) | Table Tennis: Attacking space (Forehand and backhand backspin, smash Inter-house ladder) | Handball: Ball Control & Sending and receiving                             | Handball: Support & defensive strategy                                                        | Handball: Penetration & Inter-House Matches                                              |        |
| Challenge Group 2 girls                    | Handball: Ball Control & Sending and receiving                                          | Handball: Support & defensive strategy                                                 | Handball: Penetration & Inter-House Matches                                              | Table Tennis: creating space (Service, forehand push and forehand topspin) | Table Tennis: playing opponents' weaknesses (Service, backhand push, backhand topspin)        | Table Tennis: Attacking space (Forehand and backhand backspin, smash Inter-house ladder) |        |
| Inspire                                    | Distributed learning - Understand the distinctions between different types of training  | Know and use the types of guidance                                                     | Distributed learning - Understand the basic cardio-respiratory system                    | Understand the difference between intrinsic and extrinsic motivation       | Distributed learning - Understand the basic difference between anaerobic and aerobic exercise | Completion of end of term online quiz                                                    |        |

# Physical Education Long Term Plan Year 9

## Summer Term

| W/C                                        | Week 26                                                                                                       | Week 27                                                                             | Week 28                                                                                                   | Week 29                                                           | Week 30                                                                                          | Week 31                                                               | HALF TERM |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------|
| Topic                                      | Striking and Fielding and Basketball/option group                                                             |                                                                                     |                                                                                                           |                                                                   |                                                                                                  |                                                                       |           |
| Challenge – GCSE/Sport course prep Group 1 | <b>Basketball (SH):</b><br>Ball Control & Sending and receiving                                               | <b>Basketball (SH):</b><br>Support & Shooting                                       | <b>Basketball (SH):</b><br>Penetration & <b>Inter-House Matches</b>                                       | <b>Cricket (Astro):</b> Seam Bowling & Basic Batting Technique    | <b>Cricket (Astro):</b> Bowling with accuracy & Running between the wickets / calls              | <b>Cricket (Astro):</b><br>Wicketkeeping & <b>Inter-House Matches</b> |           |
| Challenge Group 2 girls                    | <b>Cricket (Astro):</b> Seam Bowling & Basic Batting Technique                                                | <b>Cricket (astro):</b> Bowling with accuracy & Running between the wickets / calls | <b>Cricket (astro):</b><br>Wicketkeeping & <b>Inter-House Matches</b>                                     | <b>Roundnet (FTP)</b><br>Familiarisation pass and spike & Support | <b>Roundnet (FTP)</b> Offensive pressure<br><br><b>Basketball (SH):</b><br>Sending and receiving | <b>Basketball (SH):</b><br>Attacking strategies                       |           |
| Inspire                                    | Distributed learning - Basic definition of the following skill classifications and examples: simple & complex | Distributed learning - Bones - Identification of the bones at common joints         | Distributed learning - Basic definition of the following skill classifications and examples: gross & fine | Distributed learning - Know and use the types of feedback         | Distributed learning - Muscles - Location of the muscles use in key movements                    | Distributed learning - Know and use the types of guidance             |           |

| W/C       | Week 32                                                                                     | Week 33                                                                 | Week 34                                                                        | Week 35                                                            | Week 36                                                                                 | Week 37                                                                           | SUMMER |
|-----------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------|
| Topic     | Athletics and Team Events                                                                   |                                                                         |                                                                                |                                                                    |                                                                                         |                                                                                   |        |
| Core      | Lesson 1 – Tug of War (PLAYGROUND)<br><br>Lesson 2 - Team Pursuit (MUGA)                    | Lesson 1 – 30m Sprint (MUGA)<br><br>Lesson 2 – Javelin (PLAYGROUND)     | Lesson 1 – Shot Put (PLAYGROUND)<br><br>Lesson 2 – Rounders (MUGA)             | Lesson 1 - High Jump (SH)<br><br>Lesson 2 - Middle Distance (MUGA) | <b>SPORTS DAY</b><br>Lesson 1 - Blanket Ball (SH)<br><br>Lesson 2 - Discus (PLAYGROUND) | Lesson 1 – Danish Long Ball (SH)<br><br>Lesson 2 – Inter House Competition (MUGA) |        |
| Challenge | Distributed learning - Understand the difference between intrinsic and extrinsic motivation | Distributed learning - Joint Movements – identify during common actions | Distributed learning - Biomechanics – knowledge of axis and associated actions | Distributed learning - Know the constituent parts of warming up    | Break or set new school records                                                         | Completion of end of year online quiz                                             |        |