

Physical Education Long Term Plan Year 9



W/C	6 th September	10 th September	17 th September	24 th September	1 st October	8 th October	15 th October	HALF TERM	31 st November	5 th November	12 th November			
	Introduction Multi stage fitness test. How to conduct the test and what is it testing and how could this help performance.	Introduction of circuits. Groups exercises working towards technique of exercises – intermediate/Higher exercise. Exercise technique.	Creating group circuit with requirements to be put into the circuit base upon level of class. Exercise technique.	Continuous training. 12-minute cooper test. How to conduct the 12-minute cooper test. What is continuous training and how will it help performance. What factor can affect your performance of the test?	Fartlek training. Training Squad. What is fartlek training? Sporting's examples?	Interval training. Interval circuit. What is interval training? What does interval help improve in performance? Sporting examples	Re-Test: Multi stage fitness test. Compare test results. How to conduct the test and what is it looking at.			Introduction Balance - Advance. Group balance. Components of Fitness: Balance	Advance Rolls Components of Fitness: Co-ordination	Cartwheels/ Handstands. Advance Progression circuits. Components of Fitness: Co-ordination		
	Health and Fitness									Gymnastics				
W/C	19 th November	26 th November	3 rd December	10 th December	CHRISTMAS	7 th January	14 th January	21 st January	28 th January	4 th February	11 th February	HALF TERM		
	Team Gym Floor Routine Intro to team gym and exercises Components of Fitness: Flexibility	Team Competition – Trampettes Jumps, dive rolls, somersaults Levers	Team Competition – Vaulting Squad throughs, straddles, handsprings Levers	Team Gym Competition Warm up Practice Streaming Levers			Technique of the Set/ Dig . Recap of classification of skill: open/ closed and self-paced/ externally paced	Technique of the Spike/ tactics of smashing (dummy spike) Classification of skill: gross and fine	Technique of the Overarm Serve Classification of skill: gross and fine	Technique of blocking and defending Classification of skill: complex and basic	Positioning within games/ tactics – after serve where pupils should move/ specialist positions. Classification of skill: complex and basic		Tournaments pupils umpire and score themselves. Assessment lesson Classification of skills.	
	Gymnastics						Sport: Volleyball							
W/C	25 th February	4 th March	11 th March	18 th March	25 th March	1 st April	EASTER	24 th April	29 th April	6 th May	13 th May			
	Group work / Choreographic Devices / Introduction to Professional Set Works Ghost Dances Video Analysis, Introduction and Movement Ideas	Group work / Choreographic Devices / Introduction to Professional Set Works Ghost Dances Develop Movement into Trio	Group work / Choreographic Devices / Introduction to Professional Set Works Ghost Dances Practice, Perform and Assess	Group work / Choreographic Devices / Introduction to Professional Set Works Car Man Video Analysis, Introduction and Movement Ideas	Group work / Choreographic Devices / Introduction to Professional Set Works Car Man Develop Movement into Group Work (Add Props – Tyres & Brooms)	Group work / Choreographic Devices / Introduction to Professional Set Works Car Man Practice, Perform and Assess			Caving	Caving	Compass Work	Climbing		
	Dance								OAA					
W/C	20 th May	HALF TERM			3 rd June	10 th June	17 th June	24 th June	1 st July	8 th July				
	Orienteering					Athletes Testing Arousal	Sprints, Running Technique & Timing? Arousal	Throw event – Arousal	High Jump – Intrinsic Motivation	Enrichment Week		Indoor Athletics Competition Drugs in Sport		
	OAA				Athletics									