

Physical Education / Games Long Term Plan Year 9 2020-21



Temperance Term – Gender Groups for Health-Related Fitness & Contact Sports

W/C		7 th September	14 th September	21 st September	28 th September	5 th October	12 th October	19 th October
Topic		Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness
		Boys - Circuit Training & 12-minute cooper test.	Boys - Multistage fitness test & Akabusi Circuit	Boys – Fitness Tests (sit + reach etc.) & 'Boot Camp' Style Fitness	Boys – Interval training & HITT	Boys - Fartlek training & Resistance training	Boys – Zumba & Strength and Conditioning	Boys - Student planned; student led fitness session
		Girls – Continuous training & interval training	Girls – Fartlek & Interval	Girls – Zumba & Circuit Training	Girls – Pilates & 'Boot Camp' Style Fitness	Girls – Fitness Tests (sit + reach etc.) & Step Class	Girls – Team Fitness & Akabusi Circuit	Girls – Student planned; student led fitness session
W/C		2 nd November	9 th November	16 th November	23 rd November	30 th November	7 th December	CHRISTMAS
Topic		Invasion Games	Invasion Games	Invasion Games	Invasion Games	Invasion Games	Invasion Games	
	HALF TERM	Boy's Group – Football (MUGA) – Passing & Receiving	Boy's Group – Football (MUGA) – Shooting	Boy's Group – Football (MUGA) – Defensive Skills	Boy's Group – Football (MUGA) – Width and Depth	Boy's Group – Football (MUGA) – Maintaining Possession	Boy's Group – Football – (MUGA) – Match Scenarios	
		Girl's Group – Netball (SH/DT) - Passing & Receiving	Girl's Group – Netball (SH/DT) – Positional Understanding	Girl's Group – Netball (SH/DT) – Shooting	Girl's Group – Netball (SH/DT) – Defensive Skills	Girl's Group – Netball (SH/DT) – 'Set Plays'	Girl's Group – Netball (SH/DT) – Match Play	

Justice Term – Mixed Gender Set Groups (3)

W/C	4 th January	11 th January	18 th January	25 th January	1 st February	8 th February	HALF TERM
Topic	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	
	Group 3: Handball (MUGA) – Passing, receiving, moving	Group 3: Handball (MUGA) – Shooting / Defensive Skills	Group 3: Handball (MUGA) – Match Play /Maintaining Possession	Group 3: Cricket (MUGA) – Bowling	Group 3: Cricket (MUGA) – Batting	Group 3: Cricket (MUGA) – Fielding	
	Group 2: Badminton (SH) – Service	Group 2: Badminton (SH) – Overhead Shots	Group 2: Badminton (SH) – Net Play	Group 2: Handball (SH) – Passing, receiving, moving	Group 2: Handball (SH) – Shooting / Defensive Skills	Group 2: Handball (SH) – Match Play / Maintaining Possession	
	Group 3: Roundnet (MUGA) – Passing & Spiking	Group 3: Roundnet (MUGA) – Offensive & Defensive Strategy	Group 3: Roundnet (MUGA) – Match Play & Tournament	Group 3: OAA (School Site) – Trust & Team Building	Group 3: OAA (School Site) – Decision Making	Group 3: OAA (School Site) – Orienteering	
W/C	22 nd February	1 st March	8 th March	15 th March	22 nd March	29 th March	EASTER
Topic	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	
	Group 2: Lacrosse (MUGA) – Passing, scooping, receiving	Group 2: Lacrosse (MUGA) – Shooting	Group 2: Lacrosse (MUGA) – Match Play	Group 3: Table Tennis (SH) – Service, forehand shots	Group 3: Table Tennis (SH) – Backhand shots / smash	Group 3: Table Tennis (SH) – Service, forehand shots	
	Group 3: Cricket (MUGA) – Bowling	Group 3: Cricket (MUGA) – Batting	Group 3: Cricket (MUGA) – Fielding	Group 3: Roundnet (MUGA) – Passing & Spiking	Group 3: Roundnet (MUGA) – Offensive & Defensive Strategy	Group 3: Roundnet (MUGA) – Match Play & Tournament	
	Group 3: Table Tennis (SH) – Service, forehand shots	Group 3: Table Tennis (SH) – Backhand shots / smash	Group 3: Table Tennis (SH) – Service, forehand shots	Group 3: Cricket (MUGA) – Bowling	Group 3: Cricket (MUGA) – Batting	Group 3: Cricket (MUGA) – Fielding	

Courage Term – Mixed Gender Set Groups (3)

W/C	19 th April	26 th April	3 rd May	10 th May	17 th May	HALF TERM
Topic	Athletics and Rotation	Athletics and Rotation	Athletics and Rotation	Athletics and Rotation	Athletics and Rotation	
	Group 2: Hockey (MUGA) - Ball Control	Group 2: Hockey (MUGA) - Passing & Receiving	Group 2: Hockey (MUGA) - Shooting	Group 1: Basketball (SH) – Ball Control	Group 1: Basketball (SH) - Passing & Receiving	
	Group 1: Basketball (SH) – Ball Control	Group 1: Basketball (SH) - Passing & Receiving	Group 1: Basketball (SH) - Shooting	Group 2: Hockey (MUGA) - Ball Control	Group 2: Hockey (MUGA) - Passing & Receiving	
	Group 2: Lacrosse (MUGA) – Passing, scooping, receiving	Group 2: Lacrosse (MUGA) – Shooting	Group 2: Lacrosse (MUGA) – Match Play	Group 2: Handball (SH) – Passing, receiving, moving	Group 2: Handball (SH) – Shooting / Defensive Skills	
W/C	7 th June	14 th June	21 st June	28 th June	5 th July	12 th July
Topic	Cricket Rounders	Cricket Rounders	Cricket Rounders	Cricket Rounders	Cricket Rounders	Cricket Rounders
	Group 1: Athletics (Field) – Javelin	Group 1: Athletics (Field) – Sprints & Discus	Group 1: Athletics (Field/MUGA) – High Jump & Discus	Group 1: Athletics (Field/MUGA) – Distance Running & High Jump	Group 1: Athletics (Field/MUGA) – Shot Put	Group 1: Athletics (Field) – Team Event
	Group 2: Rounders (Field/MUGA) – Bowling	Group 2: Rounders (Field/MUGA) - Batting	Group 2: Rounders (Field/MUGA) – Fielding	Group 2: Rounders (Field/MUGA) – Match Play	Group 2: Rounders (Field/MUGA) – Interhouse	Group 2: Rounders (Field/MUGA) – Match Play
	Group 3: Rounders (Field/MUGA) - Bowling	Group 3: Rounders (Field/MUGA) – Batting	Group 3: Rounders (Field/MUGA) - Fielding	Group 3: Rounders (Field/MUGA) - Match Play	Group 3: Rounders (Field/MUGA) – Interhouse	Group 3: Rounders (Field/MUGA) – Match Play