

# Physical Education Long Term Plan Year 9

## Temperance 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		
Core – Group 1	<b>Health and Fitness:</b> COF Tests Circuit & MSFT	<b>Health and Fitness:</b> Circuit Training and HITT	<b>Health and Fitness:</b> Fartlek training and plyometrics (vertical jump test) (swap after 5 lessons)	<b>Basketball:</b> Ball Control & Sending and receiving	<b>Basketball:</b> Support & Shooting <b>Inter-House Matches</b>	<b>Football:</b> sending and receiving and Match Play <b>Netball:</b> sending and receiving & Footwork and Pivoting	<b>Netball:</b> Positions and Match Play	
Core – Group 2	<b>Basketball:</b> Ball Control & Sending and receiving	<b>Basketball:</b> Support & Shooting	<b>Basketball:</b> Penetration & <b>Inter-House Matches</b>	<b>Health and Fitness:</b> Circuit Training and HITT	<b>Health and Fitness:</b> COF Tests Circuit & MSFT	<b>Netball:</b> Positions and Match Play <b>Football:</b> Passing and Receiving	<b>Football:</b> support in attack	
Challenge	Know the constituent parts of warming up	Understand the effects of exercise 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 (Guided Groupings in Sport Education Approach)					Alternative Sport	
Core – Group 1	<b>Football:</b> Width of Play & Depth of Play	<b>Football:</b> Maintaining Possession	<b>Football:</b> Penetration & Counterattack	<b>Football:</b> Defensive Pressure & Defensive Cover and Delay	<b>Football:</b> <b>Inter-House Matches and competition final</b>	<b>Danish Longball Inter-House</b>	
Core – Group 2	<b>Netball:</b> Creating space and Passes leading the player	<b>Netball:</b> outwitting opponents; Attacking strategies (Dodging)	<b>Netball:</b> go forwards (Shooting & Rebounding)	<b>Netball:</b> Match Play and Officiating	<b>Netball:</b> <b>Inter-House Matches and competition final</b>	<b>Danish Longball Inter-House</b>	
Challenge	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

## Justice 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						
Core – GCSE / OCR Prep Group	<b>Badminton:</b> creating space (OHC, high serve)	<b>Badminton:</b> Deception when creating space (Drop shot, low serve)	<b>Badminton:</b> Attacking space & <b>Inter-House ladder</b>	<b>Touch Rugby:</b> Sending and receiving & Go forward	<b>Touch Rugby:</b> Support & Defensive pressure	<b>Touch Rugby:</b> Continuity & <b>Inter-House Matches</b>	
Core – Group 2	<b>Touch Rugby:</b> Sending and receiving & Go forward	<b>Touch Rugby:</b> Support & Defensive pressure	<b>Touch Rugby:</b> Continuity & <b>Inter-House Matches</b>	<b>Badminton:</b> OHC, high serve	<b>Badminton:</b> Drop shot, low serve	<b>Badminton:</b> Attacking space & <b>Inter-House ladder</b>	
Challenge	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						
Core – GCSE / OCR Prep Group	<b>Table Tennis:</b> creating space (Service, forehand push and forehand topspin)	<b>Table Tennis:</b> playing opponents' weaknesses (Service, backhand push, backhand topspin)	<b>Table Tennis:</b> Attacking space (Forehand and backhand backspin, smash <b>Inter-house ladder</b> )	<b>Handball:</b> Ball Control & Sending and receiving	<b>Handball:</b> Support & defensive strategy	<b>Handball:</b> Penetration & <b>Inter-House Matches</b>	
Core – Group 2	<b>Football:</b> sending and receiving	<b>Football:</b> <b>Football:</b> Width of Play & Depth of Play	<b>Football:</b> Penetration & Counter Attack <b>Inter-house matches</b>	<b>Table Tennis:</b> creating space (Service, forehand push and forehand topspin)	<b>Table Tennis:</b> playing opponents' weaknesses (Service, backhand push, backhand topspin)	<b>Table Tennis:</b> Attacking space (Forehand and backhand backspin, smash <b>Inter-house ladder</b> )	
Challenge	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

## Courage 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						
Core – GCSE / OCR Prep Group	<b>Basketball:</b> Ball Control & Sending and receiving <b>(can be indoor option selected by group depending on sport selected)</b>	<b>Basketball:</b> Support & Shooting <b>(can be indoor option selected by group depending on sport selected)</b>	<b>Basketball:</b> Penetration & <b>Inter-House Matches</b> <b>(can be indoor option selected by group depending on sport selected)</b>	<b>Cricket:</b> Seam Bowling & Basic Batting Technique	<b>Cricket:</b> Bowling with accuracy & Running between the wickets / calls	<b>Cricket:</b> Wicketkeeping & <b>Inter-House Matches</b>	
Core – Group 2	<b>Cricket:</b> Seam Bowling & Basic Batting Technique	<b>Cricket:</b> Bowling with accuracy & Running between the wickets / calls	<b>Cricket:</b> Wicketkeeping & <b>Inter-House Matches</b>	<b>Rounders:</b> Seam Bowling & Basic Batting Technique	<b>Rounders:</b> Bowling with accuracy & Running between the wickets / calls	<b>Rounders:</b> Wicketkeeping & <b>Inter-House Matches</b>	
Challenge	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 - High Jump (SH) Lesson 2 - Middle Distance (MUGA)	Lesson 1 - Long Jump (SH) Lesson 2 - Sprint / 30m Dash! (MUGA)	Lesson 1 - Triple Jump (SH) Lesson 2 - Relay (MUGA)	Lesson 1 - Indoor Shot (SH) Lesson 2 - Plastic Javelin (MUGA)	<b>SPORTS DAY</b> Lesson 1 - Blanket Ball (SH) Lesson 2 - Primary Sports (MUGA)	Lesson 1 - Dodgeball (SH) Lesson 2 - Muggle Quidditch (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	