

## Physical Education, Year 9 Boys, Long Term Plan

### Year 9 Boys

Week / Lesson	Term	Topic	Knowledge(	Skills Complex activity: Writing genre:
1	<b>Autumn T1</b>	<b>Fitness COF CV Testing</b>	<p>Know and describe Components of fitness (skill/physical)</p> <p>Know the cardiovascular endurance test.</p> <p>Know how to accurately record results.</p> <p>Know the CV training methods.</p>	<p>Test safely and independently - cooper run/multistage fitness test. Use equipment accurately. Record results.</p> <p>Plan to develop this COF</p>
2		Power testing/training	<p>Know the skill COF and how applied to sport</p> <p>Know the power test and how to conduct it</p> <p>Understand power training methods</p>	<p>Carry out power test and record results</p> <p>Plan power training</p>
3		Agility testing/training	<p>Know what agility is and how applied to sport</p> <p>Know the procedures of testing for agility</p> <p>Understand agility training methods</p>	<p>Set up and carry out agility test and record results</p> <p>Plan for agility training</p> <p><b>Writing Genre: Explain the role of Component of fitness (Skill)</b></p>
4		Speed testing training Anaerobic training zones	<p>Know what speed is and how applied to sport</p>	<p>Set up and carry out agility test and record results</p>

			<p>Know the procedures of testing for agility</p> <p>Understand anaerobic training methods and the training zone for it.</p>	Plan for agility training
5		Flexibility testing/training	<p>Know what flexibility is and how applied to sport</p> <p>Know the procedures of testing and training for flexibility</p> <p>Understand aerobic training methods and the training zone for it.</p>	<p>Set up and carry out flexibility fitness tests and record results</p> <p>Plan for flexibility training</p> <p>Record HR /training zones</p>
6		Muscular endurance	<p>Know what muscular endurance is and how applied to sport</p> <p>Know the procedures of testing for muscular endurance</p> <p>Understand training methods for muscular endurance</p>	<p>Set up and carry out muscular endurance fitness tests and record results</p> <p>Plan for muscular endurance training</p> <p>Record HR/ interpret training zones</p>
7		Carry out planned circuits	Devise planned circuits	Delivery of circuits focused of COF
8		<p>Assessment week - Fitness tests of choice</p> <p><b>Reteach week</b></p>	Evaluate test results compared to last results	
9	<b>Autumn T2 Netball</b>	passing	(shoulder, chest, bounce, two handed over-head)	
10		handling (ball control)	catching (one handed, two handed, static, on the move)	

11		footwork	landing, pivot, running pass	<b>Writing Genre: Research local leisure provisions in your area. Which sports are popular and which ones aren't? Why? Create a report.</b>
12		evasion  shooting where appropriate to position	holding space, dodging  (one/two handed, forward/backward step shot)	
13		defending stages	(1: player-to-player; 2: defending the pass; 3: denying space)	
14		Gameplay <b>Reteach week</b>	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation	<ul style="list-style-type: none"> <li>• contribution to open play (holding space, back up on the circle edge) in attack and defence</li> <li>• contribution to set play/moves, (back line passes, centre passes, throw-in) in attack and defence</li> <li>• decision making (making correct decision to use appropriate techniques)</li> <li>• contribution to strategy and tactics</li> <li>• demonstrating communication and influence on team performance</li> <li>• applying the team strategy in open play and set play</li> <li>• ability to adapt to the environment and changing circumstances (weather, loss of a player)</li> <li>• adhering to rules, health and safety guidelines, and considering appropriate risk management strategies</li> </ul>
15		Interform Competition	Interform competition Form Vs Form with points going towards end of year sports day awards	Tactics, strategy, Skills in isolation, technique in competitive situations, outwitting opponents
16	<b>Spring T1</b>	Passing  Catching	Right and left hand, short, long, stationary, on the move	

	<b>Handball</b>		One handed, two handed, static, on the move	
17		Control	Stability in performance of skills	
		Footwork	Running pass, running shot, dribbling	
18		Evasion	Breakthrough, feints with and without a ball	<b>Writing Genre: Explain the characteristics of the various thresholds of training (Aerobic, Anaerobic &amp; Karvonen Formula)</b>
		Shooting where appropriate to position	Jump shot from the wing, jump shot from the back court, dive shot, standing shot	
19		Defending)  goalkeeping skills  Gameplay <b>Reteach week</b>	Blocking, tackling, interceptions, stealing, man to man, zonal  Shot stopping – hands, legs, trunk, putting the ball down, long and short shots, fast attack	<ul style="list-style-type: none"> <li>• contribution to open play (e.g. moving up court, moving into space, creating space, interceptions) in attack and defence</li> <li>• contribution to set play/moves, (free throws, goalkeeper throw, fast break, throw off, throw in) in attack and defence</li> <li>• decision making (making correct decision to use techniques as appropriate)</li> <li>• contribution to strategy and tactics</li> <li>• demonstrating communication and influence on team performance</li> <li>• applying the team strategy in open play and set play</li> <li>• ability to adapt to the environment and changing circumstances (for example loss of a player)</li> <li>• adhering to rules, health and safety guidelines, and considering appropriate risk management strategies</li> </ul>
20	Interform Competition	Interform competition Form Vs Form with points going towards end of year sports day awards	Tactics, strategy, Skills in isolation, technique in competitive situations, outwitting opponents	
21		Passing	Short passes - push pass, instep	

22	Spring T2 Football I	running with the ball	Dribbling, feints, step overs	
23		Tackling (  Heading	block, slide, jockey, defend space  Attacking, defending, cushioned	Writing Genre: Explain the procedures of various fitness testing for basic health related fitness & Skill related fitness Health = Cardiovascular, Suppleness/flexibility, Muscular endurance Skill = Agility, Speed, Power
24		Turning with the ball  Striking the ball	Recycling Cruyff, drag back, feints, body weight, transition  Free kicks, shooting - dominant foot	
25		Gameplay/Matchplay <b>Reteach week</b>	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation	<ul style="list-style-type: none"> <li>• receiving the ball and control (first touch, either/both feet, thigh, chest)</li> <li>• jockeying (shadowing ball/player, channelling)</li> <li>• striking the ball (shooting, clearing, long passes)</li> <li>• throw ins – attack defence (short/long)</li> <li>• restarts – attack/defence (corners, free kicks)</li> <li>• contribution to open play: unit formation, specific role – keeping/regaining possession, support (attack and defence)</li> <li>• contribution to set play/moves, e.g. free-kicks, corners, throw ins (attack and defence)</li> <li>• demonstrating communication and influence on team performance</li> <li>• applying the team strategy in open play and set play • decision making</li> <li>• ability to adapt to the environment and changing circumstances (e.g. weather, loss of a player)</li> <li>• adhering to rules, health and safety guidelines, and considering appropriate risk management strategies</li> </ul>
26		Interform Competition	Interform competition	Tactics, strategy, Skills in isolation, technique in competitive situations, outwitting opponents

			Form Vs Form with points going towards end of year sports day awards	
27	<b>Summer T1 Strike &amp; Field</b>	Fielding	Advanced fielding techniques are developed with a key focus on fluidity and speed of retrieval. Technique activities and tasks are completed in competitive environments with a focus on adapting to the environment. Students should take an active role in organising and preparing their fielding positions depending on the batter and type of bowler	
28		Bowling	Advances bowling techniques are developed with a key focus now on accuracy, speed and spin (Variation bowling) Technique activities and tasks are completed in competitive environments with a focus on adapting to the environment (fielding arrangement)	<b>Writing genre: Research local outdoor education opportunities for different year groups and list the activities they offer.</b>
29		Batting	Advances batting techniques are developed through skills in isolation and gameplay with a key focus on using a variety of shots depending on the type of ball delivered	
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31		Gameplay <b>Reteach week</b>	Gameplay with a focus on students being self sufficient in managing the rules and tactics of gameplays.	Application of rules tactics positional awareness

			Students are now self-sufficient and are able to set up plays, fielding adjustments, tactics and also umpire.	role requirements
32		Gameplay & Assessment	Self and peer assessment of technique and application into gameplay Students are now self-sufficient and are able to set up plays, fielding adjustments, tactics and also umpire.	Shot selection, bowling variation, technique shown in competitive scenarios
33	<b>Summer T2 GCSE Athletics</b>	Interform competition	Full <u>gameplay</u> - form v s form	
34		Athletics specialism	The performance of skills and techniques in isolation/unopposed situations Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation	Applying rules and regulations Performance Evaluating <b>Writing Genre: Research/Plan into their own Personal exercise program</b>
35		Athletics specialism	The performance of skills and techniques in isolation/unopposed situations Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation	Applying rules and regulations Performance Evaluating
36		Athletics specialism	The performance of skills and techniques in isolation/unopposed situations Application of skills,	Applying rules and regulations Performance Evaluating

			techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation	
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39		Interform Competition	Application of skills and techniques	Performing skills correctly with confidence
40		SPORTS DAY	Application of skills and techniques	Performing skills correctly with confidence