

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

### Year 9 Girls

Week / Lesson	Term	Topic	Knowledge	Skills Complex activity: Writing genre:
1	<b>Autumn T1 Netball</b>	passing	(shoulder, chest, bounce, two handed over-head)	
2		handling (ball control)	catching (one handed, two handed, static, on the move)	
3		footwork	landing, pivot, running pass	<b>Writing Genre: Explain the role of Component of fitness (Skill)</b>
4		evasion  shooting where appropriate to position	holding space, dodging  (one/two handed, forward/backward step shot)	
5		defending stages	(1: player-to-player; 2: defending the pass; 3: denying space)	
6		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 • ability to adapt to the environment and changing circumstances (weather, loss of a player)</li> </ul>

				<ul style="list-style-type: none"> <li>• adhering to rules, health and safety guidelines, and considering appropriate risk management strategies</li> </ul>
7		Gameplay	Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation	Tactics, strategy, Skills in isolation, technique in competitive situations, outwitting opponents
8		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
9	<b>Autumn T2 Dance</b>	Intro to Dance styles	Know the Styles of dance Understand Technical skills	Analysis of styles and techniques
10		Warm in up and cooling down	The importance of a warm up/cool down/ stretches	Demonstration of a range of dance themed warm ups/cool downs and dynamic/static/ passive stretches
11		Explore styles and techniques	Physical skills and attributes of dance	<b>Writing Genre: Research local leisure provisions in your area. Which sports are popular and which ones aren't? Why? Create a report.</b>  solo/duet/groups choreography
12		Skills	Know different expressive & mental skills and how these can be displayed	Demonstrate expressive and mental skills in choreography
13		Motif	Developing the motif and structure using collaboration	Observations and rehearsal to show advanced feedback
14		Props and costume	Know the different props and costumes that can be incorporated	
15		Final performances <b>Reteach week</b>	<b>Review and evaluate dances</b>	Perform to an audience (whole school) Advanced analysis of choreographed routines
16		<b>Spring T1</b>	<b>Fitness COF CV Testing</b>	Know and describe Components of fitness (skill/physical)  Know the cardiovascular endurance test.

			<p>Know how to accurately record results.</p> <p>Know the CV training methods.</p>	Plan to develop this COF
17		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>
18		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</b></p>
19		Speed testing training Anaerobic training zones	<p>Know what speed is and how applied to sport</p> <p>Know the procedures of testing for agility</p> <p>Understand anaerobic training methods and the training zone for it.</p>	<p>Set up and carry out agility test and record results</p> <p>Plan for agility training</p>
20		Carry out planned circuits	Devise planned circuits	Delivery of circuits focused of COF
21	<b>Spring T2 Handba II</b>	Passing	Right and left hand, short, long, stationary, on the move	
		Catching	One handed, two handed, static, on the move	
22		Control	Stability in performance of skills	
		Footwork	Running pass, running shot, dribbling	

23		Evasion  Shooting where appropriate to position	Breakthrough, feints with and without a ball  Jump shot from the wing, jump shot from the back court, dive shot, standing shot	<b>Writing Genre: Explain the procedures of various fitness testing for basic health related fitness &amp; Skill related fitness</b> <b>Health = Cardiovascular, Suppleness/flexibility, Muscular endurance</b> <b>Skill = Agility, Speed, Power</b>
24		Defending)  goalkeeping skills	Blocking, tackling, interceptions, stealing, man to man, zonal  Shot stopping – hands, legs, trunk, putting the ball down, long and short shots, fast attack	
25		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 (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>
26		Interform Competition	Interform competition 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. Students are now self-sufficient and are able to set up plays, fielding adjustments, tactics and also umpire.	Application of rules tactics positional awareness 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</b>	Interform competition	Full gameplay - 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
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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