

Oswaldtwistle School KS3 PE Long Term Plan

Year 9	Knowledge	Skills	Key words	Links to previous learning	Links to wider curriculum
Autumn Term 1 Table tennis	Be able to use skills and techniques as an individual performer. Be able to apply tactics/strategies ideas as an Individual performer Can use criteria to evaluate own performance	Serving Forehand/backhand Forehand drive Backhand push Forehand spin Slice (Forehand and Backhand)	Forehand Topspin Serve Forehand push Backhand push Handshake Grip Goalkeeper stance Doubles	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop skills learnt from Year 8	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Autumn Term 2 Badminton	Be able to use skills and techniques as an individual performer. Be able to apply tactics/strategies ideas as an Individual performer Can use criteria to evaluate own performance	Recall overhead clear Develop the underarm clear Recall the smash Tactics for single play Introduce net play (kill) Recall single play Introduce Doubles tactics	Underarm clear Underarm long serve Backhand flick serve Overhead clear Rally Serve Racket Grip Shuttle	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop skills learnt	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios

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				from Year 8	
Spring Term 1 Basketball	<p>Be able to use skills and techniques as a team performer.</p> <p>Be able to apply tactics/strategies ideas as a team performer.</p> <p>Be able to officiate in a sport activity, using basic rules</p> <p>Be able to officiate in a sport activity, using basic rules</p> <p>Be able to apply practice methods to support improvement in a sporting activity</p> <p>Be able to plan sports activity sessions (Create warm up)</p>	<p>Recap types of passing</p> <p>Use of space awareness</p> <p>Attacking principles – zonal play</p> <p>Defending principles – blocking, zonal play</p> <p>Centre pass – tactics</p> <p>Set plays</p>	<p>Positional awareness</p> <p>Court play</p> <p>Footwork</p> <p>Passing</p> <p>Dodging</p>	<p>KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>Develop skills learnt from Year 8</p>	<p>English – diction and pronunciation</p> <p>PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making</p> <p>Maths- Scoring during game scenarios</p>
Spring term 2 Fitness	<p>Be able to use techniques as an individual performer when completing a fitness session</p> <p>Individual performer</p> <p>Be able to plan an appropriate warm up for the specific event.</p> <p>Can use criteria to evaluate own performance and give feedback on technique</p>	<p>Interval training Fartlek training</p> <p>Components of fitness testing</p> <p>Cooper 12 minute run</p> <p>30 m sprint test</p> <p>Ruler drop</p> <p>Sit and Reach Test</p> <p>Tennis ball coordination</p> <p>Illinois Agility Run</p> <p>Circuits – Netball specific Circuits –</p>	<p>Sets</p> <p>Reps</p> <p>Cooper test</p> <p>Heart rate</p> <p>Circuits</p>	<p>KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and</p>	<p>English – diction and pronunciation</p> <p>PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making</p> <p>Maths- Scoring during game scenarios</p>

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	Can act as a spotter or training partner	Basketball specific		defending Develop skills learnt from Year 8	
Summer term 1 Cricket	Be able to use skills and techniques as a team performer. Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using basic rules Be able to plan sports activity sessions (Create warm up)	Recall fielding techniques Batting defensive shot Recall drive and pull Wicket keeping Recall bowling technique Recall throwing and catching Bowling development – technique Batting development Fielding roles	Throwing Catching Types of shot; Pull Drive Game Tactics Wickets Bat Ball Bowling LBW Umpire	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop skills learnt from Year 8	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Summer term 2 Football	Be able to use skills and techniques as a team performer. Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using basic rules Be able to officiate in a sporting activity Be able to apply practice methods to support improvement	Recall control and turning Shooting development Passing – lofted pass Beating an opponent Defensive tactics Set plays- tactics with width	Dribble Pass Shoot Foul Offside	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios

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	in a sporting activity Be able to evaluate own performance in delivering a sports activity session			Develop skills learnt from Year 8	
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