



Physical Education Year 9 Long Term Plan

Rationale with end points: “advancing” of skills and application, taking the knowledge and understanding of the skills across sports and adapting or influencing them to gain further successes usually within a more competitive environment. In a student’s own personal development, particularly, at a hormonal stage, this year is important for students to reflect on their motivations and overcoming challenges and barriers to participation. Options discussions take place with students to highlight career possibilities and prompt students to consider whether studying PE and Sport is for them.

Term	Topic	Knowledge	Skills	Reading/Wider Reading
Autumn 1 Netball /Basketball	Passing	(shoulder, chest, bounce, two handed over-head)		BTEC Level 2 Firsts in Sport 2nd Ed. Motivation and its Effect on sports Performance p.52-53
	Handling (ball control)	Catching (one handed, two handed, static, on the move)		
	Footwork	Landing, pivot, running pass		
	Evasion	holding space, dodging		
	Shooting where appropriate to position	(one/two handed, forward/backward step shot)		



	Defending stages	(1: player-to-player; 2: defending the pass; 3: denying space)		
	Gameplay	Application of skills, techniques and decision making under pressure during a conditioned practice and Conditioned/formal/competitive situation	<ul style="list-style-type: none"> • Contribution to open play (holding space, back up on the circle edge) in attack and defence • Contribution to set play/moves, (back line passes, centre passes, throw-in) in attack and defence • Decision making (making correct decision to use appropriate techniques) • Contribution to strategy and tactics • Demonstrating communication and influence on team performance • Applying the team strategy in open play and set play • ability to adapt to the environment and changing circumstances (weather, loss of a player) • Adhering to rules, health and safety guidelines, and considering 	



			appropriate risk management strategies	
	Interform Competition	Interform competition	Tactics, strategy, Skills in isolation, technique in competitive situations, outwitting opponents	
Autumn 2 Football	Passing	Short passes - push pass, instep		Cambridge National Sports Science 2nd Ed. Application of Components of Fitness to Skill: Performance p.90-93
	Running with the ball	Dribbling, feints, step overs		
	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	
	Turning with the ball Striking the ball	Recycling Cruyff, drag back, feints, body weight, transition Free kicks, shooting - dominant foot		

	<p>Gameplay/Match play</p>	<p>Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>	<ul style="list-style-type: none"> • Receiving the ball and control (first touch, either/both feet, thigh, chest) • Jockeying (shadowing ball/player, channelling) <ul style="list-style-type: none"> • Striking the ball (shooting, clearing, long passes) • Throw ins – attack defence (short/long) • Restarts – attack/defence (corners, free kicks) • Contribution to open play: unit formation, specific role – keeping/regaining possession, support (attack and defence) • Contribution to set play/moves, e.g. free-kicks, corners, throw ins (attack and defence) • Demonstrating communication and influence on team performance 	
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			<ul style="list-style-type: none"> • Applying the team strategy in open play and set play • decision making • Ability to adapt to the environment and changing circumstances (e.g. weather, loss of a player) • Adhering to rules, health and safety guidelines, and considering appropriate risk management strategies 	
	Interform Competition	Interform competition	Tactics, strategy, Skills in isolation, technique in competitive situations, outwitting opponents	
Spring 1 Fitness	Fitness COF CV Testing	<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.</p> <p>Use equipment accurately.</p> <p>Record results.</p> <p>Plan to develop this COF</p>	Cambridge National Sports Science 2nd Ed. Assess Components of Fitness: p.77-88
	Power testing/training	Know the skill COF and how applied to sport	Carry out power test and record results	

		<p>Know the power test and how to conduct it</p> <p>Understand power training methods</p>	<p>Plan power training</p>	
	<p>Agility testing/training</p>	<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>Writing Genre: Explain the role of Component of fitness (Skill)</p>	
	<p>Speed testing training</p> <p>Anaerobic training zones</p>	<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>	
	<p>Flexibility testing/training</p>	<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>	

	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>	
	Assessment week - Fitness tests of choice	Evaluate test results compared to last results		
Spring 2 Volleyball	Set	Both hands, pushing up, height stationary, on the move		
	Dig/Spike	<p>Stability in performance of skills</p> <p>Use in correct situations: positioning on sport and correct trajectory</p>		
	Serving	Rotation understanding; underarm or overarm: selecting most comfortable with		



	<p>Defending</p> <p>Gameplay</p>	<p>Blocking, interceptions, zonal: footwork for block</p> <p>Shot selection and rotating. Use of legs, movement; communication; correct shots linked to trajectory of ball; 3rd touch must go over</p>	<ul style="list-style-type: none"> • Contribution to open play (e.g. moving up court, moving into space, creating space, interceptions) in attack and defence • Contribution to set play/moves, (free throws, goalkeeper throw, fast break, throw off, throw in) in attack and defence • decision making (making correct decision to use techniques as appropriate) <ul style="list-style-type: none"> • contribution to strategy and tactics • demonstrating communication and influence on team performance • applying the team strategy in open play and set play • ability to adapt to the environment and changing circumstances (for example loss of a player) • adhering to rules, health and safety guidelines, and considering 	
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			appropriate risk management strategies	
	Interform Competition	Interform competition	Tactics, strategy, Skills in isolation, technique in competitive situations, outwitting opponents	
Summer 1 Strike & Field	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		GCSE Physical Education Through Diagrams: Skill in Sport p.40
	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)	Writing genre: Research local outdoor education opportunities for different year groups and list the activities they offer.	
	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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	Gameplay	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, and tactics and also umpire.	Application of rules tactics positional awareness role requirements	
	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, and tactics and also umpire.	Shot selection, bowling variation, technique shown in competitive scenarios	
Summer 2 Athletics	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	Applying rules and regulations Performance Evaluating	GCSE Physical Education Through Diagrams: The Benefits from Sport and Physical Recreation and Factors Affecting Participation p.60-61



		and conditioned/formal/competitive situation	Writing Genre: Research/Plan into their own Personal exercise program	
	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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	Interform Competition	Application of skills and techniques	Performing skills correctly with confidence	
	SPORTS DAY	Application of skills and techniques	Performing skills correctly with confidence	