

Year 9 Physical Education Medium Term Plan

Girls

Unit	Duration (lessons)	Learning Objectives/Outcomes
Hockey	8	<ul style="list-style-type: none"> Recap dribble, stop, reverse stick control, push pass, slap hit. Introduce scanning. Recap basic formation Developing scanning within the game. Covering within system of play Introduce Pass on the move to left and right. When and where? Small sided games, application of pass on move Introduce the 'hit'. When and where? Small sided games, application of hit To understand the importance of using the right under pressure. Scanning, passing on the move, passing variation Summative assessment lesson – game play skills
Netball	8	<ul style="list-style-type: none"> Develop footwork Introduce and develop running footwork Develop and apply the turn in the air Shooting video analysis (defending the shot) Development of spatial awareness Set play (Team tactics) Umpiring Assessment lesson
Dance	8	<ul style="list-style-type: none"> Use images as a starting point for choreography Create motifs to show intent Introduce the word 'support' as a stimulus and use balance/counter balance Use partner/mirror image work created earlier to create audience impact Motif development using canon/unison/addition/reversal Introduce the word 'struggle' as a stimulus Create the final section and link all other sections to give flow of movement Assessment - peer/teacher

Fitness	8	<ul style="list-style-type: none"> • Healthier lifestyles and static circuit • Respiratory system and boxercise session • Cardiovascular system - card circuit • Health myths and specific sport fitness session • Continuous training and team bleep test • OAA – Ski, Blind fold, Ball & String • OAA – Cards match, Land Mine • OAA – Steps, Drain Pipe
Handball	8	<ul style="list-style-type: none"> • Development of dribbling skills and individual possession • Development of dribbling skills in a game situation • Introduce wrist passing and movement off the ball • Develop wrist passing and introduce a variety of passing into a game situation • Introduce set shot and jump shot techniques • Development of set shot and jump shot in a game situation • Introduce Goalkeeping basics • Summative assessment lessons – review unit
Trampolining	8	<ul style="list-style-type: none"> • Introduce the activity block, safety requirements and develop shaped jumping – tuck, pike, straddle • Introduce seat landing technique • Develop seat, half twist out building up to swivel hips • To develop knowledge of the progressions up to performing front landings • To develop knowledge of the progressions up to performing back landings • To build up to performing front Somersaults with or without support • Introduce sequencing and allow students to develop routines • Assessment lesson
Athletics	8	<ul style="list-style-type: none"> • To introduce students to the correct sprinting technique • To continue to develop students understanding of correct running technique • To continue to develop understanding of pacing • To introduce students to relay changeover with a focus on the down sweep action • To develop students basic throwing technique • To introduce students to shot putt technique, focusing on stance, grip preparation and execution • To introduce students to basic discus throwing technique • To introduce students to the frosby flop technique

Rounders	8	<ul style="list-style-type: none"> • Develop throwing and catching skills that can be applied within fielding play • Recap the long barrier and further develop fielding skills • Develop striking skills and gaining distance and power of the hit • Develop tactical hitting with relation to positioning of the fielding team • Further develop the relationship between the backstop and the first base • Introduce tactics and develop supporting fielding play between deep fielders and base players • Develop tactical play through game play and team work • Assessment lesson- game play
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Boys

Unit	Duration (lessons)	Learning Objectives/Outcomes
Table Tennis	8	<ul style="list-style-type: none"> • Safe use of equipment, basic grip (European), intro of backhand push • Recap backhand push rally, develop backhand push footwork intro • Introduction of forehand drive and development of knowledge and understanding of scoring system in TT • To implement backhand and forehand combination with shot selection. Develop K&U of when to use different shots • Introduction of forehand push service. K&U of service rules for development into gameplay • Development of service technique in isolation and gameplay • Development of shot selection within competitive situation • Assessment lesson to summative assess performance • Recap of all major skills / rules from unit. Formative assessment will have taken place throughout
Football	8	<ul style="list-style-type: none"> • Initial assessment via small sided games • 1v1 skills examining attack and defence • Develop short passing skills and weight of pass • Develop long passing and match application of long passing • Control and first touch development • Development of shooting skills • Development of defensive and attacking headers • Summative assessment through game play

Rugby	8	<ul style="list-style-type: none"> • Further Development of tackling technique and the defensive line • The defensive line and man mapping in game situations • Play the ball activities, Offloading in the tackle, the bump and spin • Passing and support, moves to create space, 3v2 situations • Passing and support in game situations • Kicking & Receiving (grubber dab, dropout, bomb) • Kicking & Receiving in competitive situations • Summative assessment – Competitive game situations
Fitness	8	<ul style="list-style-type: none"> • Healthier lifestyles and static circuit • Respiratory system and boxercise session • Cardiovascular system - card circuit • Health myths and specific sport fitness session • Continuous training and team bleep test • OAA – Ski, Blind fold, Ball & String • OAA – Cards match, Land Mine • OAA – Steps, Drain Pipe
Basketball	8	<ul style="list-style-type: none"> • Share expectations. Refine Passing and Dribbling Skills • Refine set and jump shots. (including evaluation of technique) • Refine the lay-up. (including evaluation of technique) • 1v1. Introduction to basic attacking and defending strategies • Analyse the Lay-up and incorporate Fast Break • Defensive strategies (Zone and man-to-man marking) • Umpiring and officiating in Basketball • Consolidation of skills and Assessment
Athletics	8	<ul style="list-style-type: none"> • To introduce students to the correct sprinting technique • To continue to develop students understanding of correct running technique • To continue to develop understanding of pacing • To introduce students to relay changeover with a focus on the down sweep action • To develop students basic throwing technique • To introduce students to shot putt technique, focusing on stance, grip preparation and execution • To introduce students to basic discus throwing technique • To introduce students to the frosby flop technique

Softball	8	<ul style="list-style-type: none"> • Develop throwing and catching skills that can be applied within fielding play • Recap the long barrier and further develop fielding skills • Develop striking skills and gaining distance and power of the hit • Develop tactical hitting with relation to positioning of the fielding team • Further develop the relationship between the backstop and the first base • Introduce tactics and develop supporting fielding play between deep fielders and base players • Develop tactical play through game play and team work • Assessment lesson- game play
Ultimate Frisbee	8	<ul style="list-style-type: none"> • Basic forehand development • Develop catching skills – basic pancake catch • Development of forehand passes • Develop disc control and possession play • Introduce pivot in possession and defensive ability to stall • Develop passing skills introduce leading pass • Recap passing and intro rim catch • Assessment Lesson – mini-tournament
Short Tennis	8	<ul style="list-style-type: none"> • Equipment familiarisation and handling skills • Introduction of basic forehand technique • Development of forehand technique and intro of game rules • Introduce basic backhand technique • Development of backhand technique, analysis of technique • Tactics for moving opponents around court • Development of service technique (long and short) • Mini-tournament and summative assessments

GCSE

Unit	Duration (lessons)	Learning Objectives/Outcomes
Skeletal System	7	<ul style="list-style-type: none"> • To introduce the students to labelling the skeletal system • To introduce students to the function of the bones • To introduce to the vertebral column • To understand the definition of a joint • To identify the three types of synovial joints • To understand the process of development from cartilage to bone • End of unit assessment

Optimising Performance	6	<ul style="list-style-type: none"> • Students to discuss about risk, how to assess it and how to prevent / reduce it • To understand competition grading and how it is used to balance competition • To understand what soft tissue injuries are and give examples • To understand how soft tissue injuries are caused and treated • To understand the differences between sprains and strains? • Students to extend knowledge on types of soft tissue injuries • Identify hard tissue injuries and how they may be treated • Look at different types of fractures • Students to understand various medical conditions • Students to learn how to deal with an unconscious casualty
Muscular System	6	<ul style="list-style-type: none"> • Students to be introduced to the main muscles of the muscular system • Students to understand the function of each of these muscles • Students to revisit the functions of the muscles and to assess understanding • Students to understand that there are three types of muscles • Students to understand the term Insertion and Origin • Students to understand the relationship of the muscle and bone • Students to consider why muscles work in pairs • Students to look at muscle fibres and understand how each type is relevant to sporting actions • Students should be introduced to key definitions • Students to be assessed on their knowledge of the Muscular system

Training methods / principles	8	<ul style="list-style-type: none"> • Students to review of examination technique • Students to peer / self-assess knowledge and understanding on work covered to date • Students to be introduced to the Principles and Methods of Training method • Introduction to principles of training, defining each component and their meaning • Students to develop understanding of progression and overload • Students to be introduced to training threshold • Students to interpret data and draw their own threshold • To identify the link between training threshold and Overload • Students should be able to calculate their own training threshold using the accepted formula • Students should understand the term intensity and how this can be increased using the FITT principle
Cardiovascular System	8	<ul style="list-style-type: none"> • Students to be introduced to the function of the circulatory system • Students should be able to identify the components of the heart • Students should be able to identify the passage of blood through the heart • Recap on passage of blood through the heart and components of the heart • Discuss the terms double pump and Double circulatory system • Describe the effects of exercise on the heart • Students should understand the term cardiac output, Stroke volume and heart rate

BTEC

Unit	Duration (lessons - GLH)	Learning Objectives/Outcomes
Rules regulations and scoring systems	10	<ul style="list-style-type: none"> • Rules, regulations and scoring systems • Apply the rules in selected sports • Responsibilities of officials • Recommendations for improving application of rules, regulations and scoring systems in sport
Techniques and tactics of practical sports performance	30	<ul style="list-style-type: none"> • Technical demands of sports • Tactical demands of sports • Safe and appropriate participation • Effective use of skills and techniques • Isolated practices • Conditioned practices • Competitive situations

Reviewing Sports performance	10	<ul style="list-style-type: none">• Reviewing performance with video analysis• Producing suitable checklists for sports• Self-analysis of performance using checklists• Identifying strengths and weaknesses• Developing activities to improve performance
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