Swanwick Hall School Long Term Planning

Y9 PE

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| Learning cycle | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| 1  5/9/22 – 21/10/22 | **Football/Sport Education**  Provide responsible leadership opportunities through roles away from the performer role | Work effectively within a group towards common goals. | Develops sport specific techniques and fitness. | Appreciate and be able to execute sport specific strategic play | Appreciate and be able to execute sport specific strategic play | ***checkpoint week*** | ***gap week*** |  |
|  | **Hockey**  Fundamentals-dribbling/passing/receiving | Use of space/attacking principles | Defending  /Tackling | Shooting/set plays | Positioning/  formations | ***checkpoint week*** | ***gap week*** |  |
|  | **Badminton**  Movement and forehand rallying | The clear | Introduce the drop shot | Basic underarm service + court lines | Outwitting Opponents | ***checkpoint week*** | ***gap week***  Outwitting opponents – Working on areas for development. |  |
| 2  31/10/22- 22/12/22 | **Rugby**  Passing & Use of space | Outwitting opponents- 3 vs 2 & 5 vs 3 | Tackling + rucking | Restarting play-line outs | Scrum development | Competitive Games | ***checkpoint week*** | ***gap week*** |
|  | **Basketball**  Attacking/Outwitting an opponent. | Develop shooting – lay up | Defence – Zone | Strategies for attack/ 3 man weave | Game tactics | Outwitting Opponents in a competitive game situation | ***checkpoint week*** | ***gap week*** |
|  | **Orienteering**  Recap of Orienteering and basic concepts | Map Orientation, North Arrow, Direction of travel | Wheel Orienteering Event | Permanent course 1-11 | Permanent course - Anagrams | Permanent course 12-20 | ***checkpoint week*** | ***gap week*** |
|  | **Table Tennis**  Introduce the Grip & backhand push | Introduce forehand push | Service laws | Forehand topspin | Outwitting Opponents in competitive games | Doubles play | ***checkpoint week*** | ***gap week*** |
|  | **Netball**  Recap netball fundamentals | Use of space/court linkage | Attacking principles | Defending principles | Tactics- Centre pass/within the circle | Game play | ***checkpoint week*** | ***gap week*** |
| 3  9/1/23 – 3/3/23 | **PEP**  Introduction of PEP  Group designed circuits | Components of fitness testing (physical)  Components of fitness testing (skill) | Methods of training – Fartlek training  Methods of training – application | Methods of training –  Interval training  Methods of training – application | Methods of training  Group designed circuits  Methods of training – circuit application | ***checkpoint week*** | ***gap week***  ***Fitness testing*** |  |
| 4  6/3/23 – 12/5/23 | **Tennis**  Ground strokes/ Outwitting opponents | Topspin | Service development | Lob/smash | Drop shot | Outwitting Opponents in competitive games | ***checkpoint week*** | ***gap week*** |
|  | **Softball**  Fielding – glove familiarisation / throwing and catching development | Bowling development | Batting development | Fielding roles / methods and tactics to outwit an opponent. | Fielding roles / methods and tactics to outwit an opponent. | Game play | ***checkpoint week*** | ***gap week*** |
|  | **Tchoukball**  Introduction/ball familiarisation | Passing and Receiving | Shooting | Passing and Receiving Cont. | Jump shot. | Rules & Regulations | ***checkpoint week*** | ***gap week*** |
|  | **Rounders**  Throwing/catching/fielding | Bowling development | Batting development | Fielding roles/outwit opponents. | Evaluation of tactics/peer assessment | Game play | ***checkpoint week*** | ***gap week*** |
| 5  15/5/23 – 3/7/23 | **Athletics**  Sprint running technique (100/200/400m/relays) | Middle distance running – 800m | Jumping - triple jump | Throwing – shot putt | Throwing - javelin | ***checkpoint week*** | ***gap week***  Jumping - High jump |  |
|  | **Cricket**  Ball familiarisation/catching | Fielding | Bowling | Batting | Game situations/basic strategies | ***checkpoint week*** | ***gap week***  Outwitting Opponents in a competitive game situation |  |
|  | **Tennis** |  |  |  |  | ***checkpoint week*** | ***gap week*** |  |
| mini unit  10/7/23 – 21/7/23 | Learning Objective | Learning Objective |  |  |  |  |  |  |
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