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  |
| 15/9/22 – 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.  |  |
| 231/10/22- 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*** |
| 39/1/23 – 3/3/23 | **PEP**Introduction of PEP Group designed circuits | Components of fitness testing (physical) Components of fitness testing (skill)  | Methods of training – Fartlek trainingMethods of training – application  | Methods of training – Interval trainingMethods of training – application  | Methods of training Group designed circuitsMethods of training – circuit application  | ***checkpoint week*** | ***gap week******Fitness testing***  |  |
| 46/3/23 – 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*** |
| 515/5/23 – 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 unit10/7/23 – 21/7/23 | Learning Objective | Learning Objective |  |  |  |  |  |  |
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