

# Year 9 Long Term Scheme of Learning 2024-25

**HELSEBY**

High School



## Subject: PE

Date	Exams/ Assess	Year 9 PERFORMANCE OF FUNDAMENTAL SKILLS AND PRINCIPLES		
2/9/24				
9/9/24		<b>Boys Group</b>	<b>Girls Group</b>	<b>Mixed Group</b>
16/9/24		Football	Netball	Badminton
23/9/24		Health & Fitness	Badminton	Netball
30/09/24				
7/10/24				
14/10/24				
21/10/24				
4/11/24				
11/11/24		<b>Boys Group</b>	<b>Girls Group</b>	<b>Mixed Group</b>
18/11/24		Basketball	Football	Health & fitness
25/11/24		Running activities	Health & fitness	Tag Rugby
2/12/24				
9/12/24				
16/12/24				
6/1/25				
13/1/25		<b>Boys Group</b>	<b>Girls Group</b>	<b>Mixed Group</b>
20/1/25		Tag Rugby	Basketball	Dodgeball
27/1/25		Dodgeball	Tag Rugby	Football
3/2/25				
10/2/25				
24/2/25				
3/3/25		<b>Boys Group</b>	<b>Girls Group</b>	<b>Mixed Group</b>
10/3/25		Track Athletics	Dance	Basketball
17/3/25		Badminton	Track Athletics	Dance
24/3/25				
31/3/25				
21/4/25				
28/4/25		<b>Boys Group</b>	<b>Girls Group</b>	<b>Mixed Group</b>
5/5/25		Field Athletics	Rounders	Tennis
12/5/25		Tennis	Field Athletics	Rounders
19/5/25				
2/6/25				
9/6/25				
16/6/25		<b>Boys Group</b>	<b>Girls Group</b>	<b>Mixed Group</b>
23/6/25		Inter-form activities	Inter-form activities	Inter-form activities
30/6/25		Cricket	Tennis	Track & Field Athletics
7/7/25				
14/7/25				

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### **Invasion Games (football, basketball, netball, tag rugby)**

Students will apply skills in selected activities to achieve good levels of performance. They will apply principles of attack (penetration, support, width, mobility, and creativity) and defense

(pressure, delay, depth, compactness, patience and predictability) in increasingly complex situations. They will apply their fundamental movement skills including passing and receiving, footwork, moving with the ball, tackling/intercepting/guarding and shooting/scoring in practice in a range of competitive situations.

### **Net/wall games (badminton, tennis, dodgeball)**

Students will apply tactics of consistency (positioning, footwork, skill mechanics, accuracy), attack (shot placement, communication, shot selection, shot location), and defense (recovery, formations, shot return) to activities to achieve good levels of performance. They will apply their fundamental movement skills including grip, serving, overhead and underarm shots, net play, smash shots and the use of disguise in practice in a range of activities.

### **Striking and fielding games (cricket, softball, rounders)**

Students will apply tactics of how to score runs (accurately hit the ball, avoid getting out) and how to stop the opposition scoring runs (making hitting difficult, get the batter out) to achieve a good level of performance in activities. They will apply their fundamental movement skills including the batting skills of grip, stance, footwork and shot selection, and the bowling skills of grip, delivery, follow through, and consistency, and fielding skills of stopping and returning, and catching in practice in a range of activities.

### **Health & Fitness & Running activities**

Students will be taught how to eat sensibly, and why it is important to lead a healthy lifestyle. They will experience a variety of methods of training including circuit, HITT, interval, continuous and fartlek. They will use their knowledge of the components of fitness including cardiovascular fitness, strength and muscular endurance to plan their own and others training using the principles of training including specificity, progressive overload, FITT, reversibility, thresholds of training and the aerobic/anaerobic continuum.

### **Athletics**

Students will apply their fundamental movement skills in relation to running (starts, posture, pacing, leg and arm action, coordination of legs and arms and stride pattern), jumping (run-up, take-off, flight and landing) and throwing (grip, preparation, movement and release) in activities. They will apply these skills in both track and field events to achieve good levels of performance.

### **Dance**

In dance students will be taught to perform dances using dance techniques including travel, balance, turning, jumps and motifs in order to explore ideas, concepts and emotions with increasing competence and confidence.

### **All activities**

In all activities students will learn to use appropriate vocabulary to make well founded judgements on their own and others' work to improve performances, showing respect and support for fellow participants. They will show confidence in most situations when leading small groups, be able to explain why it is

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important to exercise regularly, and be physically fit and remain active for reasonable periods to help promote health and fitness.