

Oasis Academy Lister Park PE Curriculum: Long Term Plan – Year 9

	Autumn Term		Spring Term		Summer Term	
<p>Y9</p> <p>Developing Leadership</p> <p><i>Students will develop leadership qualities, they will lead small groups demonstrating and understanding of STEP principle (Space, Task, Equipment, People). Year 9's will be given the opportunity to gain leadership skills and work with governing bodies for different sports.</i></p>	<p>Invasion games & HRF</p> <p>[Netball, football, basketball, rugby, hockey, handball]</p> <p>[Circuits, outdoor fitness, fitness suite]</p>	<p>Net/wall games & Dance</p> <p>[Table-tennis, badminton]</p> <p>[Aesthetics]</p>	<p>Gymnastics & Invasion games</p> <p>[Parkour, gymnastics]</p> <p>[Hockey, rugby, dodgeball, basketball]</p> <p>[STEP programme]</p>	<p>OAA & Invasion games or HRF</p> <p>[Map reading, team building skills, leadership]</p> <p>[Netball, football, handball, ultimate frisbee, circuits, outdoor fitness]</p> <p>[STEP programme]</p>	<p>Athletics & Striking and fielding or Net/wall games</p> <p>[Track and field events]</p> <p>[Rounders, cricket, softball, tennis]</p>	<p>Athletics & Striking and fielding</p> <p>[Track and field events]</p> <p>[Rounders, cricket, softball]</p>
	<p>Core skills:</p> <p>Health and fitness - Demonstrate fitness levels that are above average and understand how to improve one's fitness.</p> <p>Tactical knowledge - Select and apply a range of tactics in a variety of activities with success.</p> <p>Sportsmanship – Students will demonstrate good sportsmanship and will create a positive learning atmosphere.</p> <p>Wider skills: Respect and organisation. Develop the knowledge and skills to ensure that students motivate and instil a sporting attitude within themselves and others through mutual respect. Being a productive member of the class who can manage their time effectively and prioritises tasks that are important.</p>		<p>Core skills:</p> <p>Technical skills - Build upon the techniques taught in Y8 and demonstrate them with increased confidence under high pressure situations.</p> <p>Dance - Link more complex dance movements together with fluency and precision.</p> <p>Analytical skills – Students will effectively assess their performance and identify and implement activities that will help to improve future performances.</p> <p>Wider skills: Problem-solving and perseverance. Demonstrate critical thinking by using inquiry processes to work both individually and collaboratively to overcome problems. Students are persistent in their attempts to improve their health and wellbeing despite any difficulties or delays in achieving their goals.</p>		<p>Core skills:</p> <p>Competition - Demonstrate a good technique when performing skills in a competitive environment.</p> <p>Movement skills - Build upon the fundamental skills taught in Y8 by competently linking movement skills together to perform more complex sporting movements.</p> <p>Leadership - Lead, organise and manage a sporting activity through a variety of roles with confidence.</p> <p>Wider skills: Self-discipline and aspirations. Students demonstrate the value of discipline and hard work with regular committed efforts to improve health and wellbeing. Students can explain the importance of PE in their wider lives and they are passionate about the goals they want to achieve.</p>	