

Subject/Dept - SOW Long term plans by Year group

Physical Education – Y9

½ Terms	Year group	Topic	Skills taught plus links to spiritual, moral, social and cultural development
Autumn 1st ½ Term	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y9	Accurate replication – students must demonstrate their ability to accurately replicate movements through trampolining.	Movement skills. Analysis. Creativity. Spiritual: Using imagination and creativity in learning.
Autumn 2nd ½ Term	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y9	Creativity and expression - students must demonstrate their ability to be creativity and express	Movement skills. Analysis.

		a concept through dance. Y9 girls only follow this unit.	Creativity. Spiritual: Using imagination and creativity in learning.
	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports. Y9 boys only to follow this extra game activity in place of dance.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
Spring 1st ½ Term	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.

Spring 2nd ½ Term	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y9	Fitness and healthy lifestyles – students must demonstrate their knowledge of an active healthy lifestyle, and improve their own fitness levels.	Fitness techniques, including use of the gym. Circuit training. Exercise physiology. Moral: Developing and expressing personal views or values. Moral: Investigating moral values and ethical issues. Spiritual: Developing personal values and beliefs.
Summer 1st ½ Term	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y9	Performing to maximum levels – students must demonstrate their ability to perform to their maximum capacity through athletic events.	Athletic ability. Social: Developing personal qualities and using social skills.
Summer 2nd ½ Term	Y9	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety	Tactical awareness. Game skills.

		<p>of individual and team sports. World of Work: this unit will help develop your leadership skills, which are essential in the world of work.</p>	<p>Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.</p>
	Y9	<p>Leadership – students must develop their ability to act as a leader, organising sports games and helping others to improve.</p>	<p>Leadership. Coaching. Communication. Cultural: Exploring, understanding and respecting diversity. Moral: Developing personal qualities and using social skills. Social: Developing personal qualities and using social skills. Spiritual: Understanding human feelings and emotions.</p>