

GRADE 9 TERM PLAN

Physical Education (Land activity)

2022 - 2023

TERM ONE: SEPTEMBER– DECEMBER

Systems: LAND ACTIVITY

DATE	WEEK	PRACTICAL TOPIC	OBJECTIVES	PREPARATION FOR NEXT CLASS ASSIGNMENTS AND ASSESSMENTS
SEPTEMBER				
September 5 - 9	WEEK 1 2 sessions	Rules and Protocols Attendance Grading Scheme (how they are going to be graded) Discussion of timetable		<u>Asynchronous activity</u> (to be given to the students in preparation for next class)
September 12-16	WEEK 2 GROUP 1	Topic: Eliminations for Sports Day	Students run two standard events which will contribute points towards sports day (100m and 200m)	<u>Asynchronous activity</u> <u>Research</u> <u>Assignments</u> <u>Preparation for next class</u> Research the playing positions on a netball team and the responsibilities of each playing position

<p>September 19-23</p>	<p>WEEK 3 GROUP 2</p>	<p>Topic: Eliminations for Sports Day</p>	<p>Students run two standard events which will contribute points towards sports day (100m and 200m)</p>	<p><u>Asynchronous activity Research Assignments Preparation for next class</u></p> <p>Research the playing positions on a netball team and the responsibilities of each playing position</p>
<p>September 26 - 30</p>	<p>WEEK 4 GROUP 1</p>	<p>TOPIC: Netball playing positions and their responsibilities</p>	<p>Students should be able to know the different responsibilities of each playing position on a netball team.</p>	<p><u>Asynchronous activity Research Assignments Preparation for next class</u></p> <p>1. Research the history on volleyball 2The dimension, height of the net for both male and female, Playing areas on the volleyball court Playing position 2. How the game of volleyball is played 3 Explain how you rotate in volleyball</p>

				3. Rules of volleyball 4 Types of Serve
OCTOBER				
OCTOBER 3-7	WEEK 5 GROUP 2	Topic: Netball Playing Positions and their responsibilities	Students should be able to know the different responsibilities of each playing position on a netball team.	<u>Asynchronous activity</u> <u>Research Assignments</u> <u>Preparation for next class</u> 1 The dimension, height of the net for both male and female, Playing areas on the volleyball court Playing position 2. How the game of volleyball is played Explain how you rotate in volleyball 3. Rules of volleyball 4 Types of serve
OCTOBER 10-14	WEEK 6 GROUP 1	Topic: Introduction to volleyball	1 Discuss the game of volleyball 2 Know when volleyball was first invented - Who created volleyball? - In what year was volleyball introduced to Jamaica	<u>Critical thinking question</u> <u>Asynchronous activity</u> Topic: Equipment used in volleyball Skills needed to play volleyball

			<p>The dimension, height of the net for both male and female, Playing areas on the volleyball court Playing position</p> <p>2. How the game of volleyball is played Explain how you rotate in volleyball</p> <p>3. Rules of volleyball</p> <p>4 Types of serve</p>	<p>E.g. Passing Serving Spiking Volleying Blocking Digging</p>
<p>OCTOBER 17-21</p>	<p>WEEK 7 GROUP 2</p>	<p>Topic: Introduction to volleyball</p>	<p>1 Discuss the game of volleyball 2 Know when volleyball was first invented - Who created volleyball? - In what year was volleyball introduced to Jamaica The dimension, height of the net for both male and female, Playing areas on the volleyball court Playing position</p> <p>2. How the game of volleyball is played</p>	<p><u>Asynchronous activity</u></p> <p>Equipment used in volleyball Skills needed to play volleyball E.g. Passing Serving Spiking Volleying Blocking Digging</p>

			<p>Explain how you rotate in volleyball</p> <p>3. Rules of volleyball</p> <p>4 Types of serve</p>	
<p>OCTOBER 24-28</p> <p>WEEK 8</p> <p>FIRST SIX WEEKS TEST</p>				
<p>NOVEMBER</p>				
<p>OCTOBER 31 - NOVEMBER 4</p>	<p>WEEK 9 GROUP 1</p>	<p>Topic: Equipment used in volleyball</p> <p>Skills needed to play volleyball</p>	<p>Students should be able to know:</p> <p>Students should be able to:</p> <p>Know the different skills such as:</p> <p>Passing</p> <p>Serving</p> <p>Spiking</p> <p>Blocking</p> <p>Volleying</p> <p>Digging</p> <p>2 Equipment used in Volleyball</p>	<p><u>Asynchronous activity</u></p> <p><u>Research Assignments</u></p> <p><u>Preparation for next class</u></p> <p>Research and watch videos on how to play a volleyball game.</p>
<p>NOVEMBER 7- 11</p>	<p>WEEK 10 GROUP 2</p>	<p>TOPIC: Equipment used in volleyball</p> <p>Skills needed to play volleyball</p>	<p>Students should be able to know:</p>	<p><u>Asynchronous activity</u></p> <p><u>Research Assignments</u></p>

			<p>Students should be able to: Know the different skills such as: Passing Serving Spiking Blocking Volleying Digging</p> <p>2 Equipment used in Volleyball</p>	<p><u>Preparation for next class</u></p> <p>Research and watch videos on how to play a volleyball game.</p>
NOVEMBER 14-18	WEEK 11 Group 1	Topic : Volleyball Game	<p>Student should be able to</p> <p>Engage in a volleyball game executing all the skill learnt</p>	<p><u>Research Assignment</u></p> <p>Revision for Six Weeks Test</p>
NOVEMBER 21 - 25	WEEK 12 GROUP 2	TOPIC: Volleyball Game	<p>Student should be able to</p> <p>Engage in a volleyball game executing all the skill learnt</p>	<p><u>Research Assignment</u></p> <p><u>Asynchronous Activity</u></p> <p>Be prepared to share your thoughts on the first Six Weeks Test</p>

DECEMBER				
NOVEMBER 28 DECEMBER 2	WEEK 13 GROUP 1	TOPIC: Revision for Six Weeks Test	Revision for Six Weeks Test	
DECEMBER 5-9 SECOND SIX WEEKS TEST WEEK 14				
DECEMBER 12-16	WEEK 15 2	Topic: Views on the first Six Weeks Test	Students will give their views on the first Six Weeks Test 2. Playing a netball game	Final Week of school term