

Year 9 Long Term Plan – Girls

Cycle 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	wc 25/08	wc 01/09	wc 08/09	wc 15/09	wc 22/09	wc 29/09	wc 06/10	wc 13/10	wc 3/11	wc 10/11	wc 17/11	wc 24/11	wc 1/12
	Basketball: Ball Handling	Basketball: Passing & Movement	Basketball: Shooting Technique	Basketball: Defending & Footwork	Basketball: Team Offense Basics	Basketball: Game Play	Football: Passing & Receiving	Football: Dribbling & Ball Control	Football: Shooting & Attacking	Football: Defending Principles	Football: Small-Sided Tactics	Football: Game Play Application	Football: Assessment Week
Cycle 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	wc 08/12	wc 15/12	wc 05/01	wc 12/01	wc 19/01	wc 26/01	wc 02/02	wc 09/02	wc 23/02	wc 02/03	wc 09/03	wc 16/03	wc 23/03
	Health-related Fitness: Fitness Components	Health-related Fitness: Circuit Training	Health-related Fitness: Cardio Endurance	Health-related Fitness: Strength Development	Health-related Fitness: Flexibility Training	Health-related Fitness: Fitness Testing Prep	Badminton: Grip & Footwork	Badminton: Serving	Badminton: Net Play	Badminton: Smash & Clear	Badminton: Rally Development	Badminton: Game Tactics	Badminton: Assessment Week
Cycle 3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	wc 13/04	wc 20/04	wc 27/04	wc 04/05	wc 11/05	wc 18/05	wc 01/06	wc 08/06	wc 15/06	wc 22/06	wc 29/06	wc 06/07	wc 13/07
	Netball: Footwork	Netball: Passing Types	Netball: Shooting	Netball: Defending	Netball: Centre Pass Systems	Netball: Game Play	Rounders: Fielding Basics	Rounders: Batting Technique	Rounders: Tactics in Play	Rounders: Bowling Skills	Rounders: Team Strategy	Rounders: Match Play	Rounders: Assessment Week