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|  | **LONG TERM CURRICULUM PLAN : KS3 & KS4** | **Subject: PHYSICAL EDUCATION** |

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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 7**  Developing  Collaboration in Rugby  Developing  Confidence in Trampolining  Developing  Resilience in  Badminton  Developing  Evaluation in  Athletics  Developing  Innovation in SfG  **Cultural**  **Development**  Independent  learning Project  to be completed  during Rugby  Unit | **Broad range of activities.**  **Assessment of ability**  **levels and KS2 catch up.**  **Week 1-3**  Football  Trampolining  Basketball  **Week 4-6**  Rugby  Badminton  Table Tennis | **Badminton**  **Rugby**  **Trampolining**  **Health and Safety**  (Trampoline maintenance/safe practice, badminton posts/equipment, rugby wearing appropriate equipment expectations)  **Badminton**  Grip  Cooperative rallies  Court familiarisation  Basic stoke – overhead clear.  Basic games  **Rugby**  Ball familiarisation  Basic passing and receiving, handling, running, and beating an opponent.  Conditioned Tackling  Core rules – offside, direction of passing and rucking.  **Trampolining**  Spotting  Straight jumping  Safe landing  Basic Shapes (tuck, pike,  straddle)  Basic landings (front, back)  Sequences  Coaching skills | **Badminton**  **Rugby**  **Trampolining**  **Health and Safety**  (Trampoline maintenance/safe practice, badminton posts/equipment, rugby wearing appropriate equipment expectations)  **Badminton**  Grip  Cooperative rallies  Court familiarisation  Basic stoke – overhead clear.  Basic games  **Rugby**  Ball familiarisation  Basic passing and receiving, handling, running, and beating an opponent.  Conditioned Tackling  Core rules – offside, direction of passing and rucking.  **Trampolining**  Spotting  Straight jumping  Safe landing  Basic Shapes (tuck, pike,  straddle)  Basic landings (front, back)  Sequences  Coaching skills | **Badminton**  **Rugby**  **Trampolining**  **Health and Safety**  (Trampoline maintenance/safe practice, badminton posts/equipment, rugby wearing appropriate equipment expectations)  **Badminton**  Grip  Cooperative rallies  Court familiarisation  Basic stoke – overhead clear.  Basic games  **Rugby**  Ball familiarisation  Basic passing and receiving, handling, running, and beating an opponent.  Conditioned Tackling  Core rules – offside, direction of passing and rucking.  **Trampolining**  Spotting  Straight jumping  Safe landing  Basic Shapes (tuck, pike,  straddle)  Basic landings (front, back)  Sequences  Coaching skills | **Athletics**  **Striking Fielding Games**  **Health and Safety**  Equipment and safe practice.  **Athletics**  Introduction to athletics  events  Track:  Sprints and sustained running  Field:  Jumps: Long/High  Throws: Javelin/Shot  **Striking Fielding Games**  Ball familiarisation  Basic throwing and catching  Bowling and batting  Basic fielding skills  Introduction to tactics  Conditioned games  Basic officiating | **Athletics**  **Striking Fielding Games**  **Health and Safety**  Equipment and safe practice.  **Athletics**  Introduction to athletics  events  Track:  Sprints and sustained running  Field:  Jumps: Long/High  Throws: Javelin/Shot  **Striking Fielding Games**  Ball familiarisation  Basic throwing and catching  Bowling and batting  Basic fielding skills  Introduction to tactics  Conditioned games  Basic officiating |
| Year 7 Summary | Pupils will have been introduced to a broad range of physical activities.  Pupils will be developing confidence and interest in these activities.  Termly assessments: My Personal Best and written test in preparation for OCR Cambridge Sport Science; T1 - Reducing the Risk of Sports Injuries, T2 - Applying Principles of Training and T3 - Sports Nutrition. | | | | | | |

*Long Term Curriculum Plan – Physical Education (January 2021)*

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|  | **LONG TERM CURRICULUM PLAN : KS3 & KS4** | **Subject: PHYSICAL EDUCATION** |

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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 8**  Improving Collaboration in Rugby  Improving Confidence in Trampolining  Improving Resilience in Badminton  Improving Motivation in Football  Improving Speaking in  Basketball  Improving Empathy in Table Tennis  Improving Evaluation in Athletics  Improving Innovation in SfG  **Cultural**  **Development**  Independent Learning Project to be completed during Badminton Unit | **Badminton**  **Rugby**  **Trampolining**  **Badminton**  Competitive rallies.  Development of shots, forehand and backhand -overhead clear, drop shot, drive.  Serve - high and low.  Conditioned games.  **Rugby**  Development of passing, receiving, handling, running, and beating an opponent.  Conditioned tackling rucking, mauling, scrums, lineouts.  Core rules - offside, direction of passing, restart of play.  Development of defensive and attacking principles.  Conditioned games.  Officiating and coaching.  **Trampolining**  Reviewing spotting, straight jumping and safe landing.  Developing height.  Basic shapes.  Developing landings - seat, front, back.  Developing and embellishing sequences.  Coaching to improve performance. | **Badminton**  **Rugby**  **Trampolining**  **Badminton**  Competitive rallies.  Development of shots, forehand and backhand -overhead clear, drop shot, drive.  Serve - high and low.  Conditioned games.  **Rugby**  Development of passing, receiving, handling, running, and beating an opponent.  Conditioned tackling rucking, mauling, scrums, lineouts.  Core rules - offside, direction of passing, restart of play.  Development of defensive and attacking principles.  Conditioned games.  Officiating and coaching.  **Trampolining**  Reviewing spotting, straight jumping and safe landing.  Developing height.  Basic shapes.  Developing landings - seat, front, back.  Developing and embellishing sequences.  Coaching to improve performance. | **Badminton**  **Rugby**  **Trampolining**  **Badminton**  Competitive rallies.  Development of shots, forehand and backhand -overhead clear, drop shot, drive.  Serve - high and low.  Conditioned games.  **Rugby**  Development of passing, receiving, handling, running, and beating an opponent.  Conditioned tackling rucking, mauling, scrums, lineouts.  Core rules - offside, direction of passing, restart of play.  Development of defensive and attacking principles.  Conditioned games.  Officiating and coaching.  **Trampolining**  Reviewing spotting, straight jumping and safe landing.  Developing height.  Basic shapes.  Developing landings - seat, front, back.  Developing and embellishing sequences.  Coaching to improve performance. | **Football**  **Basketball**  **Table Tennis**  **Football**  Ball familiarisation.  Developing a range of passing, receiving, shooting, tackling and dribbling skills.  Core rules - throw ins, direct and indirect free kicks.  Developing defensive and attacking principles.  Conditioned games.  Development of coaching and officiating.  Basketball.  Ball familiarisation.  Developing a range of passing, receiving, shooting, and dribbling skills.  Core rules - travel, double dribble.  Developing attacking and defensive principles.  Conditioned games.  Development of coaching and officiating.  **Table Tennis**  Health and Safety - set up and pack away tables safely.  Basic grip, stance and service, forehand and backhand.  Core rules - singles, service and scoring.  Basic defensive and attacking principles.  Application of skills/rules in conditioned games.  Basic officiating and  Coaching | **Athletics**  **Striking Fielding Games**  **Health and Safety**  Equipment and safe practice.  **Athletics**  Introduction to athletics  events  Track:  Sprints and sustained running  Field:  Jumps: Long/High  Throws: Javelin/Shot  **Striking Field Games**  Ball familiarisation  Basic throwing and catching  Bowling and batting  Basic fielding skills  Introduction to tactics  Conditioned games  Basic officiating | **Athletics**  **Striking Fielding Games**  **Health and Safety**  Equipment and safe practice.  **Athletics**  Introduction to athletics  events  Track:  Sprints and sustained running  Field:  Jumps: Long/High  Throws: Javelin/Shot  **Striking Field Games**  Ball familiarisation  Basic throwing and catching  Bowling and batting  Basic fielding skills  Introduction to tactics  Conditioned games  Basic officiating |
| Year 8 Summary | Pupils will be improving confidence and interest in these activities.  Termly assessments: My Personal Best, and written test in preparation for OCR Cambridge Sport Science; T1 - Reducing the Risk of Sports Injuries, T2 - Applying Principles of Training and T3 - Sports Nutrition. | | | | | |

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|  | **LONG TERM CURRICULUM PLAN : KS3 & KS4** | **Subject: PHYSICAL EDUCATION** |

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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 9**  Embedding Collaboration in Rugby  Embedding Confidence in Trampolining  Embedding Resilience in Badminton  Embedding  Motivation in Football  Embedding Speaking in Basketball  Embedding Empathy in Table Tennis  Embedding Evaluation in Athletics  Embedding Innovation in SfG  **Cultural**  **Development**  Independent  Learning Project to be completed during Trampolining Unit | **Badminton**  **Rugby**  **Trampolining**  **Badminton**  Advanced shots forehand and backhand net shot, serves, smash.  Advanced defensive and attacking principles.  Conditioned games,  Officiating and coaching.  **Rugby**  Advanced passing, receiving, handling, running and beating an opponent.  Tackling, rucking, counter rucking, mauling, scrums, lineouts, kicking.  Core rules - offside, direction of passing, restart of play, penalties, kicking, lineouts, scrums.  Advanced defensive and attacking principles.  Conditioned games.  Officiating and coaching.  **Trampolining**  Reviewing spotting, straight jumping and safe landing.  Developing height in jumps.  Jumps, basic shapes, twists,  half and full.  Introduction to somersaults.  Developing and embellishing  sequences.  Coaching to improve performance.  (NC2) | **Badminton**  **Rugby**  **Trampolining**  **Badminton**  Advanced shots forehand and backhand net shot, serves, smash.  Advanced defensive and attacking principles.  Conditioned games,  Officiating and coaching.  **Rugby**  Advanced passing, receiving, handling, running and beating an opponent.  Tackling, rucking, counter rucking, mauling, scrums, lineouts, kicking.  Core rules - offside, direction of passing, restart of play, penalties, kicking, lineouts, scrums.  Advanced defensive and attacking principles.  Conditioned games.  Officiating and coaching.  **Trampolining**  Reviewing spotting, straight jumping and safe landing.  Developing height in jumps.  Jumps, basic shapes, twists,  half and full.  Introduction to somersaults.  Developing and embellishing  sequences.  Coaching to improve performance.  (NC1) | **Badminton**  **Rugby**  **Trampolining**  **Badminton**  Advanced shots forehand and backhand net shot, serves, smash.  Advanced defensive and attacking principles.  Conditioned games,  Officiating and coaching.  **Rugby**  Advanced passing, receiving, handling, running and beating an opponent.  Tackling, rucking, counter rucking, mauling, scrums, lineouts, kicking.  Core rules - offside, direction of passing, restart of play, penalties, kicking, lineouts, scrums.  Advanced defensive and attacking principles.  Conditioned games.  Officiating and coaching.  **Trampolining**  Reviewing spotting, straight jumping and safe landing.  Developing height in jumps.  Jumps, basic shapes, twists,  half and full.  Introduction to somersaults.  Developing and embellishing  sequences.  Coaching to improve performance.  (NC1) | **Football**  **Basketball**  **Table Tennis**  **Football**  Ball familiarisation.  Developing a range of passing, receiving, shooting, tackling and dribbling skills.  Core rules - throw ins, direct and indirect free kicks.  Developing defensive and attacking principles.  Conditioned games.  Development of coaching and officiating.  **Basketball**  Ball familiarisation.  Developing a range of passing, receiving, shooting, and dribbling skills.  Core rules - travel, double dribble.  Developing attacking and defensive principles.  Conditioned games.  Development of coaching and officiating.  **Table Tennis**  Health and Safety - set up and pack away tables safely.  Basic grip, stance and service, forehand and backhand.  Core rules - singles, service and scoring.  Basic defensive and attacking principles.  Application of skills/rules in conditioned games.  Basic officiating and coaching. (NC3) | **Athletics**  **Striking fielding games**  **Athletics**  Investigate athletics events.  Track:  Sprints, middle distance.  Field:  Jumps - Long/Triple/High  Throws – Shot/Javelin  Officiating and coaching.  Analysing performance in order to improve technique.  **Striking Fielding Games**  Developed throwing and catching, bowling and batting.  Developed fielding skills.  Developed tactics.  Conditioned games.  Planning and leading a warm‑up.  Umpiring and coaching. | **Athletics**  **Striking fielding games**  **Athletics**  Investigate athletics events.  Track:  Sprints, middle distance.  Field:  Jumps - Long/Triple/High  Throws – Shot/Javelin  Officiating and coaching.  Analysing performance in order to improve technique.  **Striking Fielding Games**  Developed throwing and catching, bowling and batting.  Developed fielding skills.  Developed tactics.  Conditioned games.  Planning and leading a warm‑up.  Umpiring and coaching. |
| EoKS Summary | Pupils will have embedded competence and confidence in a broad range of physical activities. Pupils will be able to be physically active for sustained periods of time.  Termly assessments: My Personal Best and written test in preparation for OCR Cambridge Sport Science; T1 - Reducing the Risk of Sports Injuries, T2 - Applying Principles of Training and T3 - Sports Nutrition. | | | | | |

*Long Term Curriculum Plan – Physical Education (January 2021)*

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|  | **LONG TERM CURRICULUM PLAN : KS3 & KS4** | **Subject: PHYSICAL EDUCATION** |

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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 10**  Pupils to study at least 2 of the 3 areas in KS4.  Each unit to be personalised to pupil’s needs. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. |

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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 11**  Pupils to study at least 2 of the 3 areas in KS4 | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. | **Games**  **Fitness**  **Aesthetic**  **Games**  Further develop a variety of tactics and strategies to overcome opponents in team and individual games.  **Fitness**  Further develop personal fitness and promote an active, healthy lifestyle.  **Aesthetic**  Further develop technique and improve performance.  Evaluate performances compared to previous ones and demonstrate improvement in order to achieve a personal best. |

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