



Physical Education Long Term Plan 2018-2019



KS3 Overview

In Year 7 pupils will where possible learn through games based situations. This aim if this is to bring the fun element to PE whilst learning basic rules of sports and experience new sport which they may not have had the opportunity to do so in primary school.

In Year 8 pupils will develop more refined skills of the sport and develop these for improved application in games. Pupils will learn the rules of these sports and given an opportunity to apply these to small games situations. This will give pupils the opportunity to learn, develop and excel in the fundamental aspects of the PE curriculum.

KS4 Overview

Yr10 Cambridge National Award

Sport qualifications offer students the chance to develop a wide range of highly desirable, transferable skills through practical means. Cambridge Nationals deliver these skills and understanding, effectively engaging and inspiring students of all abilities to achieve.

R041: Reducing the risk of sports injuries

Learning Outcome 1: Understand different factors which influence the risk of injury.

Learning Outcome 2: Understand how appropriate warm up and cool down routines can help to prevent injury

Learning Outcome 3: Know how to respond to injuries within a sporting context.

Learning Outcome 4: Know how to respond to common medical conditions

R042: Applying principles of training

Learning Outcome 1: Know the principles of training in a sporting context

Learning Outcome 2: Know how training methods target different fitness components

Learning Outcome 3: Be able to conduct fitness tests

Learning Outcome 4: Be able to develop fitness training programmes

In Year 9 pupils will be looking more at a tactical emphasis on the game as well as self/peer assessment. This gives pupils more opportunity to analyse team performances, lead warm ups and become captains to promote leadership through PE. This really strengthens understanding of sports and performances which will help pupils at KS4.

Yr11 BTEC National Award

BTEC Firsts in Sport can help you take your first steps towards a career in sport and fitness. You'll learn essential skills such as training for personal fitness, encouraging sports participation, and organising and leading events and activities.

There are two unit to be completed in yr 11.

These are:

The Mind and Sport Performance

Learning Aim A – investigate personality and its effects on sports performance

Learning Aim B- Explo9re influences that motivation and self-confidence have on sports performance.

Learning Aim C– know about arousal and anxiety, and the effects they have on sports performance.

Practical Sports Performance

Learning Aim A - Understanding the rules, regulations and scoring systems for selected sports

Learning Aim B- Practically demonstrate skills, techniques and tactics in selected sport

Learning Aim C- Be able to review sports performance

	Year 7	Year 8	Year 9	Year 10	Year 11
Half term 1	Baseline Assessment <ul style="list-style-type: none"> • Co-ordination • Fitness • Games play 	Football <ul style="list-style-type: none"> • Outwitting an opponent • Defensive strategies and positioning • Movement and its importance. 	Football <ul style="list-style-type: none"> • Fundamental skills • Self/peer assessment • Analysis of performance 	Introduction to Cambridge Nationals.	Unit 3: The mind and sports performance Personality in Sport Learning Aim A 1A.1,2A.P1,2A.M1,2A.D1
	Football <ul style="list-style-type: none"> • Basics • Fundamental attacking and defensive strategies • Key skills 	Handball <ul style="list-style-type: none"> • Rules • T&C fundamentals • Team play and communication 	Handball <ul style="list-style-type: none"> • Outwitting opponents • Key attacking and defensive strategies. 	Learning Outcome 1: Understand different factors which influence the risk of injury.	Unit 3: The mind and sports performance Can motivation and confidence make you're a better performer. Learning Aim B 2B.P2,2B.P3,2B.P4,2B.P5,2B.M2,2B.M3,2B.D
Half term 2	Basketball <ul style="list-style-type: none"> • Ball familiarisation • Basics of outwitting an opponent • Shooting variations 	Basketball <ul style="list-style-type: none"> • Dribbling and pivoting • Emphasis on shooting BEEF • Team play and Attacking/defending positioning. 	Basketball <ul style="list-style-type: none"> • Shooting BEEF technique • Attacking/defense strategies. • Competitive games. 		
	Badminton <ul style="list-style-type: none"> • Grip and positioning • Shot variations • rules • Key skills of an effective badminton player. 	Badminton <ul style="list-style-type: none"> • Rules & scoring • Shot variations • Doubles play 	Badminton <ul style="list-style-type: none"> • Analysis of performance • WWW/EBI • Competitive situations and analysis. 		Unit 3: The mind and sports performance

					How can arousal and anxiety effect sports performance?
Half term 3	Short tennis <ul style="list-style-type: none"> • Ball familiarisation • Serving basics • Forehand and backhand. 	Short tennis <ul style="list-style-type: none"> • Rules & Scoring • Serving • Outwitting an opponent 	Short tennis <ul style="list-style-type: none"> • Analysis of performance and Q&A on how to improve further. • Using peer assessment for help and guidance. 	Learning Outcome 2: Understand how appropriate warm up and cool down routines can help to prevent injury	Learning Aim C 1C.6,1C.7,2C.P6,2C.P7,2C.M4,2C.D3.
	Tag Rugby <ul style="list-style-type: none"> • Basic rules • Passing and positioning • Outwitting opponents 	Tag Rugby <ul style="list-style-type: none"> • Outwitting opponents • Competitive situations • Off side rules & positing in attack and defences. 	Tag Rugby <ul style="list-style-type: none"> • Developing outwitting strategies. Creating 2v1. • Kicking. 		
Half term 4	HRF <ul style="list-style-type: none"> • Baseline testing • Types of training • Nutrition • Effects of exercise 	HRF <ul style="list-style-type: none"> • Baseline testing • Types of training • Short and long term effects of exercise. 	HRF <ul style="list-style-type: none"> • Baseline testing • Types of training • Short and long term effects of exercise. • Analysis of performance 	Learning Outcome 3: Know how to respond to injuries within a sporting context.	Exam Timetable
Half term 5	Athletics <ul style="list-style-type: none"> • A range of athletic events • Competitions 	Athletics <ul style="list-style-type: none"> • A range of athletic events • Competitions • Self/peer assessment 	Athletics <ul style="list-style-type: none"> • A range of athletic events • Competitions • Self/peer assessment 		Exam Timetable

Half term 6	Rounders <ul style="list-style-type: none"> • Fundamentals of T&C • Ball striking • Games play 	Rounders <ul style="list-style-type: none"> • Fundamentals of T&C • Team strategies • Evaluating and improving 	Rounders <ul style="list-style-type: none"> • Fundamentals of T&C • Team strategies • Evaluating and improving individually and as a team. 	Learning Outcome 4: Know how to respond to common medical conditions	Exam Timetable
	Cricket <ul style="list-style-type: none"> • Kwick cricket basics • Team play and strategy. 	Cricket T&C fundamentals Full cricket games Evaluating performance	Cricket <ul style="list-style-type: none"> • T&C fundamentals • Full cricket games • Evaluating & improving performance with recommendations. 		Exam Timetable