

Long Term Plan: Core PE

Teacher 1: 1 lesson a week in Y7&8

Teacher 2: 1 lesson a week in Y7&8

Could be the same teacher for both lessons, the sports are on a curriculum rota.



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7 Teacher 1	Netball Implementation: <ul style="list-style-type: none"> • Passing • Footwork • Ball handling • Driving forward to receive the ball • Small sided/modified games 	Netball Implementation:: <ul style="list-style-type: none"> • Full game play • Tactics • Rules and laws • Officiating • Full game play 	Dance Implementation: <ul style="list-style-type: none"> • Introduction to Safe Dance Practice. SDP • Counts and Rhythms • Basic skills and techniques • Perform set choreography • Street Dance focus • Group work 	Team Games Implementation: Teacher choice on sports such as; <ul style="list-style-type: none"> • Basketball skills and gameplay • Volleyball skills and game play • Football skills and gameplay 	Rounders Implementation: <ul style="list-style-type: none"> • Throwing and Catching • Fielding- long and short barrier • Battling- contact • Small sided adapted games focusing on key technique 	Rounders Implementation: <ul style="list-style-type: none"> • Throwing and Catching • Fielding- long and short barrier • Battling- contact • Small sided adapted games focusing on key technique
Year 7 Teacher 2	Fitness Implementation: <ul style="list-style-type: none"> • Importance of safety • Components of fitness • To be able to plan a session which includes the components. 	Trampolining Implementation: <ul style="list-style-type: none"> • Safety • Basic Shapes • Landings • Rotational movements • Routines 	Badminton implementation: <ul style="list-style-type: none"> • Service • Footwork • Rules and laws • Stroke Play • Game Situation 	OAA Implementation: <ul style="list-style-type: none"> • Team building • Problem solving • Creativity 	Athletics Implementation: <ul style="list-style-type: none"> • Shot put- basic technique • Javelin- basic technique • Long jump- how to measure a 3-5 step approach. Technique of jumping phase. • High jump- basic scissor kick technique. • Sprinting- how do we go faster- 	Athletics Implementation: <ul style="list-style-type: none"> • Shot put- basic technique • Javelin- basic technique • Long jump- how to measure a 3-5 step approach. Technique of jumping phase. • High jump- basic scissor kick technique. • Sprinting- how do we go faster-

					body technique. 3 phase technique- start, acceleration, maintain. ● Long distance- pacing	body technique. 3 phase technique- start, acceleration, maintain. ● Long distance- pacing
Assessment	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
Year 8 Teacher 1	Netball Implementation: <ul style="list-style-type: none"> ● Attack- holding space ● Dodging ● 2 & 3 stage defence- player, ball, space ● Full court games 	Netball Implementation: <ul style="list-style-type: none"> ● Half court games- positioning of attack ● Half court games- positioning of defence ● Full Court games- boundaries/rules. 	OAA Implementation: <ul style="list-style-type: none"> ● Team building ● Problem solving with tactics ● Creativity and leadership 	Badminton Implementation: <ul style="list-style-type: none"> ● Recapping serving and rules ● Drop shot and accuracy ● Building rallies/moving opponent 	Rounders Implementation: <ul style="list-style-type: none"> ● Small sided decision making games ● Batting- Placement ● Fielding- Chase and Receive ● Full sided adapted games focusing on key techniques ● Full games 	Rounders Implementation: <ul style="list-style-type: none"> ● Small sided decision making games ● Batting- Placement ● Fielding- Chase and Receive ● Full sided adapted games focusing on key techniques ● Full games
Year 8 Teacher 2	Fitness Implementation: <ul style="list-style-type: none"> ● Importance of safety ● Methods of training (<i>Continuous, fartlek, circuit etc</i>) ● To be able to plan a session which includes these methods. 	Trampolining Implementation: <ul style="list-style-type: none"> ● Safety ● Shapes ● Landings ● Rotational movements ● Routines 	Team Games implementation: Teacher choice on sports such as; <ul style="list-style-type: none"> ● Rugby skills and game play ● Handball skills and game play ● Ultimate ● Frisbee skills and gameplay 	Dance Implementation: <ul style="list-style-type: none"> ● Revisit SDP ● Perform set choreography ● Group work ● Motif ● Storytelling ● Dance around different countries' theme. 	Athletics Implementation: <ul style="list-style-type: none"> ● Shot put- stepped approach technique ● Javelin- stepped approach technique ● Long jump- how to measure 9 step approach. Technique of run up and approach and effective jump. 	Athletics Implementation: <ul style="list-style-type: none"> ● Shot put- stepped approach technique ● Javelin- stepped approach technique ● Long jump- how to measure 9 step approach. Technique of run up and approach and effective jump.

					<ul style="list-style-type: none"> ● High jump-scissor kick and fosbury flop technique. Working on approach and speed ● Sprinting-starting technique to support acceleration, maintenance. ● Long distance-effective pacing-start and finish. 	<ul style="list-style-type: none"> ● High jump-scissor kick and fosbury flop technique. Working on approach and speed ● Sprinting-starting technique to support acceleration, maintenance. ● Long distance-effective pacing-start and finish.
Assessment	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
Year 9 Teacher 1	Netball Implementation: <ul style="list-style-type: none"> ● 3 stage defence ● Zonal defence * ● Game play/game understanding ● Decision making ● Tactical play 	Trampolining Implementation: <ul style="list-style-type: none"> ● Rotational movements ● Landings ● Rotational Landings ● Somersaults ● Routines 	Badminton Implementation: <ul style="list-style-type: none"> ● Variation of serve ● Smash shot ● Disguising shots ● Net shots ● Playing to opponents weaknesses ● Game Play- use of tactics 	Fitness Implementation: <ul style="list-style-type: none"> ● The link between exercise and heart rate. ● Working at low, moderate and high intensity exercise. ● How to take and record HR, and then use this to adapt their training to the demands of the required exercise. 	Rounders Implementation: <ul style="list-style-type: none"> ● Batting- Decision making of placement ● Backhand placement ● Fielding- decision making/accuracy ● Ownership of fielding position ● Deep field accuracy ● Game play ● Tactical play 	Athletics Implementation: <ul style="list-style-type: none"> ● Shot putt-spin/stepped approach technique ● Javelin- stepped approach technique with speed ● Long jump- how to measure 11 step approach. Technique of run up and approach and effective jump. ● High jump-fosbury flop technique.

						<p>Working on approach and speed</p> <ul style="list-style-type: none"> • Sprinting-starting technique to support acceleration, maintenance of speed. Understand crouch start and apply for effective start. • Long distance-effective pacing-start and finish.
Assessment	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
Year 10 Teacher 1	<p>Recreational sport Optional sport choice: Netball Trampoline Basketball Benchball/Dodgeball</p>	<p>Recreational sport Optional sport choice: Football Trampoline Badminton Fitness</p>	<p>Planning for Festivals An introduction to Leadership skills, qualities of a good leader, STEP & SOCCER principles. Plan and lead their peers in warm ups.</p>	<p>Planning for Festivals Plan and deliver sessions with a specific focus on:</p> <ul style="list-style-type: none"> • Agility • Balance • Coordination • Coordination hand eye • Power • Strength • Speed 	<p>Planning for Festivals Plan & deliver a range of Sports for the Festival of Sport. Develop leadership skills and deliver a mock Festival of Sport.</p>	<p>Planning for Festivals Plan & deliver a range of sports for the Festival of Sport. Wednesday 14th June Recreational sport: Optional sport choice: Athletics Cricket Rounders</p>
Assessment	N/A	N/A	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
Year 11 Teacher 1	<p>Recreational sport through the Sport Education model. Optional sport choice: Netball Benchball Multi gym/fitness</p>	<p>Recreational sport through the Sport Education model. Optional sport choice: Dodgeball Football Multigym/fitness</p>	<p>Recreational sport through the Sport Education model. Optional sport choice: Badminton Trampoline Multi gym/fitness</p>	<p>Recreational sport through the Sport Education model. Optional sport choice: Basketball Volleyball Multi gym/fitness</p>	<p>Recreational sport through the Sport Education model. Optional sport choice: Rounders/cricket Athletics (Usually a group on</p>	N/A

					intervention too)	
Assessment	N/A	N/A	N/A	N/A	N/A	N/A