

Long Term Plan: Core PE

2 lessons a week in Y7/8/9

1 lesson a week in Y10 & Y11

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
<p>Year 7 1 lesson</p>	<p>Mini PE induction programme (2 weeks)</p> <p>Netball Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Passing • Footwork • Dodging/Driving forward to receive the ball • Small sided/modified games • Tactics • Rules and laws • Full game play <p>Y7 Netball Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Cross Country)</p>	<p>Netball Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Passing • Footwork • Dodging/Driving forward to receive the ball • Small sided/modified games • Tactics • Rules and laws • Full game play <p>Y7 Netball Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Dodgeball)</p>	<p>Dance Implementation:</p> <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 <p>Y7 Dance Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Benchball)</p>	<p>Team Games Implementation: Teacher choice on sports such as;</p> <ul style="list-style-type: none"> • Basketball skills and gameplay • Volleyball skills and game play • Football skills and gameplay <p>Y7 Team Games Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rugby/football or handball)</p>	<p>Rounders Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Throwing and Catching • Bowling • Fielding- long and short barrier • Battling- contact • Small sided adapted games focusing on key technique • Full Games <p>Y7 Rounders Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rounders)</p>	<p>Rounders Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Throwing and Catching • Bowling • Fielding- long and short barrier • Battling- contact • Small sided adapted games focusing on key technique • Full Games <p>Y7 Rounders Medium Term Plan - Google Docs</p>
<p>Year 7 1 lesson</p>	<p>Mini PE induction programme (2 weeks)</p> <p>Fitness Implementation:</p> <ul style="list-style-type: none"> • Importance of safety 	<p>Trampolining Implementation:</p> <ul style="list-style-type: none"> • Safety • Basic Shape jumps • Rotational movements • Landings 	<p>Badminton implementation:</p> <ul style="list-style-type: none"> • Service • Footwork • Rules and laws • Stroke Play • Game Situation 	<p>OAA Implementation:</p> <ul style="list-style-type: none"> • Team building • Problem solving • Creativity <p>Y7 OAA Medium Term Plan - Google Docs</p>	<p>Athletics Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Shot put- basic technique 	<p>Athletics Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Shot put- basic technique

	<ul style="list-style-type: none"> The Components of fitness To be able to plan a session which includes the components. <p>Y7 Fitness Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Cross Country)</p>	<ul style="list-style-type: none"> Routines <p>Y7 Trampoline Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Dodgeball)</p>	<p>Y7 Badminton Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Benchball)</p>	<p>Last week of HT= Inter house sport week (Rugby/football or handball)</p>	<ul style="list-style-type: none"> 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. Middle distance/Long distance- pacing <p>Y7 Athletics Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rounders)</p>	<ul style="list-style-type: none"> 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. Middle distance/Long distance- pacing <p>Y7 Athletics Medium Term Plan - Google Docs</p>
Assessment	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
Year 8 1 lesson	<p>Mini PE induction programme (2 weeks)</p> <p>Netball Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> Varying passes Attack- holding space/moving into space 	<p>Netball Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> Varying passes Attack- holding space/moving into space Dodging 	<p>Badminton Implementation:</p> <ul style="list-style-type: none"> Recapping serving and rule. Disguising a serve Drop shot and accuracy 	<p>OAA Implementation:</p> <ul style="list-style-type: none"> Team building Problem solving with tactics Creativity and leadership <p>Y8 OAA Medium Term Plan - Google Docs</p>	<p>Rounders Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> Varying bowling including spin. Batting- Placement Fielding- Chase and Receive Umpiring games 	<p>Rounders Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> Varying bowling including spin. Batting- Placement Fielding- Chase and Receive Umpiring games

	<ul style="list-style-type: none"> • Dodging • 2 & 3 stage defence- player, ball, space • Modified games • Full court games <p>Y8 Netball Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Cross Country)</p>	<ul style="list-style-type: none"> • 2 & 3 stage defence- player, ball, space • Modified games • Full court games <p>Y8 Netball Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Dodgeball)</p>	<ul style="list-style-type: none"> • Net play • Singles and doubles. <p>Y8 Badminton Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Benchball)</p>	<p>Last week of HT= Inter house sport week (Rugby/football or handball)</p>	<ul style="list-style-type: none"> • Small sided decision making games • Full sided adapted games focusing on key techniques • Full games <p>Y8 Rounders Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rounders)</p>	<ul style="list-style-type: none"> • Small sided decision making games • Full sided adapted games focusing on key techniques • Full games <p>Y8 Rounders Medium Term Plan - Google Docs</p>
<p>Year 8 1 lesson</p>	<p>Mini PE induction programme (2 weeks)</p> <p>Fitness Implementation:</p> <ul style="list-style-type: none"> • Importance of safety • Methods of training (Continuous, fartlek, circuit etc) <ul style="list-style-type: none"> • To be able to plan a session which includes these methods. <p>Y8 Fitness Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Cross Country)</p>	<p>Trampolining Implementation:</p> <ul style="list-style-type: none"> • Safety • Shapes • Landings • Rotational movements • Routines <p>Y8 Trampolining Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Dodgeball)</p>	<p>Dance Implementation:</p> <ul style="list-style-type: none"> • Revisit SDP • Perform set choreography • Group work • Motif • Storytelling <p>Dance around different countries' theme.</p> <p>Y8 Dance Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Benchball)</p>	<p>Team Games implementation: Teacher choice on sports such as;</p> <ul style="list-style-type: none"> • Rugby skills and game play • Handball skills and game play • Ultimate Frisbee skills and gameplay <p>Y8 Team Games Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rugby/football or handball)</p>	<p>Athletics Implementation (over 2 half terms):</p> <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. • High jump- scissor kick and fosbury flop technique. Working on approach and speed • Sprinting- starting 	<p>Athletics Implementation (over 2 half terms):</p> <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. • High jump- scissor kick and fosbury flop technique. Working on approach and speed • Sprinting- starting

					<p>technique to support acceleration, maintenance.</p> <ul style="list-style-type: none"> • Middle- long distance- effective pacing- start and finish. <p>Y8 Athletics Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rounders)</p>	<p>technique to support acceleration, maintenance.</p> <ul style="list-style-type: none"> • Middle- long distance- effective pacing- start and finish. <p>Y8 Athletics Medium Term Plan - Google Docs</p>
Assessment	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
<p>Year 9 1 lesson</p>	<p>Mini PE induction programme (2 weeks)</p> <p>Netball Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Advanced passing • Movement on court • Attacking play • 3 stage defence • Game play/game understanding • Decision making • Tactical play <p>Y9 Netball Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Cross Country)</p>	<p>Netball Implementation (over 2 half terms):</p> <ul style="list-style-type: none"> • Advanced passing • Movement on court • Attacking play • 3 stage defence • Game play/game understanding • Decision making • Tactical play <p>Y9 Netball Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Dodgeball)</p>	<p>Badminton Implementation:</p> <ul style="list-style-type: none"> • Variation of serve (Tactics) • Smash shot • Disguising shots • Net shots • Playing to opponents weaknesses • Game Play- use of tactics <p>Y9 Badminton Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Benchball)</p>	<p>Fitness Implementation:</p> <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. <p>Y9 Fitness Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rugby/football or handball)</p>	<p>Athletics Implementation (over 2 half terms):</p> <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. Working on 	<p>Athletics Implementation (over 2 half terms):</p> <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. Working on

					<p>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. ● Middle- long distance- effective pacing- start and finish. <p>Y9 Athletics Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rounders or Cricket)</p>	<p>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. ● Middle- long distance- effective pacing- start and finish. <p>Y9 Athletics Medium Term Plan - Google Docs</p>
<p>Year 9 1 lesson</p>	<p>Mini PE induction programme (2 weeks)</p> <p>Football Implementation:</p> <ul style="list-style-type: none"> ● Passing ● Dribbling ● Shooting ● Defending ● Game play <p>Y9 Football Medium Term Plan - Google Docs</p>	<p>Trampolining Implementation:</p> <ul style="list-style-type: none"> ● Rotational movements ● Landings ● Rotational Landings ● Somersaults ● Routines <p>Y9 Trampolining Medium Term Plan - Google Docs</p>	<p>Dance Implementation:</p> <ul style="list-style-type: none"> ● Revisit SDP ● Perform set choreography ● Group work ● Motif ● Storytelling <p>Using musical theatre (Everybody's talking about Jamie)</p> <p>Y9 Dance Medium Term Plan - Google Docs</p>	<p>Handball Implementation:</p> <ul style="list-style-type: none"> ● Passing ● Catching ● Shooting ● Dribbling ● Game play <p>Y9 Handball Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rugby/football or handball)</p>	<p>Rounders Implementation:</p> <ul style="list-style-type: none"> ● Tactical bowling ● Tactical batting- Decision making of placement ● Backhand placement ● Tactical fielding- decision making/accuracy ● Game play ● Tactical play 	<p>Cricket Implementation:</p> <ul style="list-style-type: none"> ● Ball Familiarisation ● Throwing and catching ● Batting ● Fielding ● Bowling ● Game play <p>Y9 Cricket Medium Term Plan - Google Docs</p>

	Last week of HT= Inter house sport week (Cross Country)	Last week of HT= Inter house sport week (Dodgeball)	Last week of HT= Inter house sport week (Benchball)		Y9 Rounders Medium Term Plan - Google Docs Last week of HT= Inter house sport week (Rounders or Cricket)	
Assessment	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
Year 10	<p>Mini PE induction programme (2 weeks)</p> <p>Recreational sport Optional sport choice: Netball Basketball Benchball/Dodgeball</p> <p>Y10 Core PE (Recreational Sport) Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Cross Country)</p>	<p>Recreational sport Optional sport choice: Football Trampolining Badminton Fitness</p> <p>Y10 Core PE (Recreational Sport) Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Dodgeball)</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>Y10 Core PE (Sports Leadership) Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Benchball)</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>Y10 Core PE (Sports Leadership) Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rugby/football or handball)</p>	<p>Planning for Festivals Plan & deliver a range of Sports for the Festival of Sport.</p> <p>Develop leadership skills and deliver a mock Festival of Sport.</p> <p>Y10 Core PE (Sports Leadership) Medium Term Plan - Google Docs</p> <p>Last week of HT= Inter house sport week (Rounders)</p>	<p>Planning for Festivals Plan & deliver a range of sports for the Festival of Sport.</p> <p>Final week of HT6- Festival</p> <p>Recreational sport: Optional sport choice: Athletics Cricket Rounders</p> <p>Y10 Core PE (Sports Leadership) Medium Term Plan - Google Docs</p> <p>Y10 Core PE (Recreational Sport) Medium Term Plan - Google Docs</p>
Assessment	N/A	N/A	RAG against criteria	RAG against criteria	RAG against criteria	RAG against criteria
Year 11	<p>Mini PE induction programme (2 weeks)</p> <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>Y11 Core PE Medium Term Plan - Google Docs</p>	<p>Recreational sport through the Sport Education model. Optional sport choice: Badminton Trampolining Multi gym/fitness</p> <p>Y11 Core PE Medium Term Plan - Google Docs</p>	<p>Recreational sport through the Sport Education model. Optional sport choice: Basketball Volleyball Multi gym/fitness</p> <p>Y11 Core PE Medium Term Plan - Google Docs</p>	<p>Recreational sport through the Sport Education model. Optional sport choice: Rounders/cricket Athletics (Usually a group on intervention too)</p> <p>Y11 Core PE Medium Term Plan - Google Docs</p>	N/A

	Y11 Core PE Medium Term Plan - Google Docs Last week of HT= Inter house sport week (Cross Country)	Last week of HT= Inter house sport week (Dodgeball)	Last week of HT= Inter house sport week (Benchball)	Last week of HT= Inter house sport week (Rugby/football or handball)	Term Plan - Google Docs Last week of HT= Inter house sport week (Rounders)	
Assessment	N/A	N/A	N/A	N/A	N/A	N/A