

Intent and rationale KS3 Core PE

- So the reason that we have chosen certain sports to be delivered at certain times is that its inline with the competition calendar but also with the facilities that we have available during that time.
- For example badminton competitions are generally around Christmas time and the sports hall would be used for exams in the summer term. Racket sport indoors to engage the students rather than tennis which is predominately played in the summer
- Football competitions are normally around the first half term and a half and the same for netball
- Also we have ensure that the students have access to a range of different types of sports such as rackets, invasion, swimming, striking and fielding etc. This ensure that the students have access to a broad range of topics
- The sports that we have chosen to deliver should help the students be more engaged and relate to sports/access and community projects that are available in the area so that students can continue playing these outside of school
- The choices behind a rotation curriculum are logistical based on a number of factors: facilities, staffing, groups,
- Seasonal factors have also been considered e.g. competition calendar and weather
- Progress :
- Motivation and engagement
- Access in the community
- Progression of transferable skills

Intent and rationale

- Sports delivered inline with competition calendar where allowed
- Gender/facilities/ number of groups/weather dictate when sports are delivered
- Sports chosen- accessible in the local community
- A sport roughly each half term
- Year 7- know a range of fundamental skills in range of sports
- Year 8- build on fundamental skills and apply tactics in a range of sports
- Year 9- apply skills and tactics of sports linking to new content (COF, TM, M&B) and lead and healthy lifestyle
- Year 10 & 11- students play sports and lead different activities each week. Split into teams at the start of a block and award points each lesson for best warm up, best drill, team spirit, winning games
- Athletics mini competition between groups they will do a rotation: 1 week per activity then mini competition (sports day like) between all groups after this they will compete in each sport in their form groups

PE Long Term Plan – 2020-2021

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 11 BTEC Sport	Unit 6: Assignment A- Attributes and responsibilities and 2 sports leaders	Unit 3: Learning aim A Learning aim B Learning aim C	Unit 3: Learning aim D	Catch up		
Core Leadership	Football/Badminton / Basketball/ Rounders	Basketball/ Football/ Badminton/ Couch to 5K	Badminton/ Fitness/ Netball/ Couch to 5k	Badminton/ Fitness/ Netball/ Rounders	Student mental Wellbeing	
Year 10 BTEC Sport	Unit 1: Exam preparations for December sit		Unit 2: Learning name A Beginners guides Unit 1: Exam resit (February)	Unit 2: Learning name A Beginners guides Learning aim B Skills, Tactic and Components of fitness	Unit 2: Learning aim C observation checklist Unit 6: Learning aim B Planning and leading a session	Unit 6: Learning aim B Planning and leading a session Learning aim C: Review of session
Core Leadership	Football/Badminton /Fitness/ Netball	Football/Badminton /Fitness/ Netball	Badminton/Basketball/Alt ernative games/ Couch to 5k	Badminton/Basketball /Alternative games/ Couch to 5k	Athletics	Striking and Fielding
Year 9 Theory application	Football/ Badminton/ Fitness/ Netball	Football/ Badminton/ Fitness/ Netball	Badminton/ Basketball/ Fitness, Gymnastics	Badminton/ Basketball/ Fitness, Gymnastics	Athletics	Striking and Fielding
Year 8 Tactics	Football/ Swimming/ Gymnastics/ Netball/ Badminton	Football/ Swimming/ Gymnastics/ Netball/ Badminton	Basketball/ Handball/ Badminton/ Swimming/ Handball/ Gymnastics/ Football	Basketball/ Handball/ Badminton/ Swimming/ Handball/ Gymnastics/ Football	Athletics	Striking and Fielding
Year 7 Skills	Football/Handball/B adminton/ swimming/ Gymnastic/ Netball	Football/Handball/B adminton/ swimming/ Gymnastic/ Netball	Badminton/ Basketball/ Handball/ Swimming/ gymnastics/ Football	Badminton/ Basketball/ Handball/ Swimming/ gymnastics/ Football	Athletics	Striking and Fielding

PE Long Term Plan KS4 Year 10

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 10	Unit 1: Exam preparations for December sit		Unit 2: Learning name A Beginners guides Unit 1: Exam resit (February)	Unit 2: Learning name A Beginners guides Learning aim B Skills, Tactic and Components of fitness Unit 2: Learning aim C observation checklist Unit 6: Learning aim B Planning and leading a session	Unit 6: Learning aim B Planning and leading a session Learning aim C: Review of session	
Knowledge	Understand the physical and skill components, heart rate and training zones, principles of training. To understand what the training methods are and the advantages and disadvantages	To understand what the training methods are and the advantages and disadvantages. To know what the different fitness tests are, what they test and the advantages and disadvantages	To understand what the rules, regulations and scoring systems are in two sports (football and rounder's). To understand the different roles and responsibilities of the officials	To understand the different skills, tactics and components of fitness needs in football and rounder's. To understand how to observe and rate their own performance and know their strengths and weaknesses. To understand what is included in a sports session apply in planning.	To know what a successful sports leaders does and use it to effectively lead a session To understand how to improve weaknesses	
Skills	Analyse the impact they can have and how they are used Evaluate which are used or more important Identify what they are and when they are needed Explain how they are used and needed in sport	Analyse the impact they can have and how they are used Evaluate which are used or more important Identify what they are and when they are needed Explain how they are used and needed in sport	Application of the knowledge and how its used and the impact. Explain to importance of the information and how they are used. Describe the information and use it effectively	Describe the information and how its used and needed. Apply the information effectively Lead sessions effectively and independently	Evaluate strengths and weaknesses Apply information to develop weaknesses	

PE Long Term Plan KS4 Year 11

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 11	Unit 6: Assignment A- Attributes and responsibilities and 2 sports leaders	Unit 3: Learning aim A Learning aim B Learning aim C	Unit 3: Learning aim D	Catch up		
Knowledge	To understand the attributes and responsibilities of a sports leader. To be understand the different types of sports leaders and what makes them successful	To understand what a training program is. To understand how to plan a training program to meet your needs. To understand the short term effects of exercise. To know the musculoskeletal and cardiorespiratory systems . To understand how to record their progress on the training program	To understand what the results mean. To know what is the expected results for a person on similar age. To know how to improve weaknesses in the future			
Skills	To be able to compare and contrast To explain information and apply effectively	To be able to justify your choice of activity. To show creatively when designing. To identify key terms and apply to physical activity. To accurate record results and monitor progress effectively .	To describe and review results. To explain information given and apply to strengths and weaknesses. To be able to justify reasons for lack of progress and ways to improve further in the future.			

PE Long Term Plan KS3 Year 7

Year 7	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
B1	Football	Swimming/ Gymnastics	Badminton	Basketball/ Handball	Athletics Shot putt, long jump, discuss, 100 & relay	Striking and fielding
B2	Swimming/ Gymnastics	Football	Basketball/handball	Badminton	Athletics	Striking and fielding
G1	Netball/handball	Badminton	Swimming/ Gymnastics	Football	Athletics	Striking and fielding
G2	Badminton	Netball/Handball	Football	Swimming/ Gymnastics	Athletics	Striking and fielding
Wet Weather	Fitness/ dodgeball					

PE Long Term Plan KS3 Year 8

Year 8	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
B1	Football	Swimming/ gymnastics	Badminton	Basketball/ Handball	Athletics Javelin, triple jump, 300/400m & relay, shot putt	Striking and fielding
B2	Swimming/ Gymnastics	Football	Basketball/Handball	Badminton	Athletics	Striking and fielding
G1	Netball	Badminton	Swimming/ handball	Gymnastics /Football	Athletics	Striking and fielding
G2	Badminton	Netball	Gymnastics/football	Swimming/ Handball	Athletics	Striking and fielding
Wet Weather	Fitness/ dodgeball					

PE Long Term Plan KS3 Year 9

Year 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
B1	Football	Fitness	Badminton	Basketball	Athletics	Striking and fielding
B2	Fitness	Football	Basketball	Badminton	Athletics	Striking and fielding
G1	Netball	Badminton	Fitness	Gymnastics	Athletics	Striking and fielding
G2	Badminton	Netball	Gymnastics	Fitness	Athletics	Striking and fielding
Wet Weather	Dodgeball, Danish long ball, Bench ball, Fitness Suite					

PE Long Term Plan KS3 Year 9

Year 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<p>Football</p> <p>Sequence 1- COF A.E, Speed, Muscular strength</p> <p>Sequence 2- Training methods (fartlek & Continuous)</p> <p>Sequence 3 Bones and muscles</p>	<p>Fitness</p> <p>Component 1: COF All</p> <p>Component 2: Range of training methods</p> <p>Component 3:</p> <p>Component 4:</p>	<p>Badminton</p> <p>Sequence 1- COF Agility, coordination, reaction time</p> <p>Sequence 2: TM Circuit, Heart rate</p> <p>Sequence 3: upper body bones and muscles</p>	<p>Basketball</p> <p>Sequence 1: Power, A.E, Agility, Speed, Muscular Endurance</p> <p>Sequence 2: TM Plyometric, circuit, HR & TZ</p>	<p>Athletics</p> <p>Throwing</p> <p>Sequence 1- Sequence 2 COF: Power, flexibility, balance</p> <p>Sequence 2: Plyometric, circuit</p> <p>Sequence 4: Muscles</p>	<p>Striking and fielding</p> <p>Composites 1: Speed, agility, reaction times, coordination</p> <p>Composites 2:fartlek, heart rate, circuit</p> <p>Composites 4: upper body, muscles</p>
	<p>Gymnastics: Composites 1: Composites 2: Flexibility, Muscular strength, balance, A.E</p> <p>Composites 3: Ballistic, plyometric</p> <p>Composites 4: all bones and muscles</p>	<p>Netball</p> <p>Sequence 1: Power, A.E, Agility, Speed, Muscular Endurance</p> <p>Sequence 2: TM Plyometric, circuit, HR & TZ</p>	<p>Handball:</p>		<p>Athletics</p> <p>Running: Sequence 1</p> <p>Composites 2: Body compositions, speed, reaction time, aerobic endurance</p> <p>Composites 3 Interval training, continuous,</p> <p>Composites 4: muscles lower body</p>	

PE Long Term Plan KS4 Year 10

Year 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
B1	Football	Fitness	Badminton	Basketball	Athletics	Striking and fielding
B2	Fitness	Football	Basketball	Badminton	Athletics	Striking and fielding
G1	Netball	Badminton	Couch to 5k/aerobics to music	Alternative games	Athletics	Striking and fielding
G2	Badminton	Netball	Alternative games	Couch to 5k/aerobics to music	Athletics	Striking and fielding
Wet Weather	Dodgeball, Danish long ball, Bench ball, Fitness Suite					

PE Long Term Plan KS4 Year 11

Year 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
B1	Football	Basketball	Fitness	Badminton	Student wellbeing and reflection	
B2	Basketball	Football	Badminton	Fitness	Student wellbeing and reflection	
G1	Rounders	Badminton	Couch to 5k/aerobics to music	Netball	Student wellbeing and reflection	
G2	Badminton	Couch to 5k/aerobics to music	Netball	Rounders	Student wellbeing and reflection	
Wet Weather	Dodgeball, Danish long ball, Bench ball, Fitness Suite					

Covid Changes

- Sports changed that skills and drills focused curriculum as current contact sports not allowed
- Indoors venues not allowed to be used so outdoor sports selected
- 3 weeks on each sport (6 lessons) as not competitive games allowed
- Sports chosen that are on NGB & DFE list and safer for students to access

Year 7	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12	Weeks 13-15
7X1 & 7Y1	Football	Fitness	Netball	Hockey	Orienteering
7X2 & 7Y2	Hockey	Football	Fitness	Netball	Badminton
7X3 & 7Y3	Netball	Hockey	football	Fitness	Orienteering
7X4 & 7Y4	Fitness	Netball	Hockey	Football	Cross country
Wet Weather	Classroom based activities around one of the following topics: Mental health and sports benefits, disability in sport Healthy eating and lifestyle, BTEC sport introductions & rules and regulations				

Year 8	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12	Weeks 13-15
8X1 & 8Y1	Football	Fitness	Netball	Hockey	Orienteering
8X2 & 8Y2	Hockey	Football	Fitness	Netball	Badminton
8X3 & 8Y3	Netball	Hockey	football	Fitness	Orienteering
8X4 & 8Y4	Fitness	Netball	Hockey	Football	Cross country
Wet Weather	Classroom based activities around one of the following topics: Mental health and sports benefits, disability in sport Healthy eating and lifestyle, BTEC sport introductions & rules and regulations				

Year 9	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12	Weeks 13-15
9Y1	Fitness	Football	Netball	Hockey	Orienteering
9Y2	Fitness	Netball	Hockey	Football	Cross country
9Y3	Hockey	Netball	Fitness	Football	Cross country
9X1	Netball	Hockey	Football	Fitness	Orienteering
9X2	Hockey	Football	Fitness	Netball	Badminton
9X3	Football	Fitness	Hockey	Netball	Badminton
Wet Weather	<p>Classroom based activities around one of the following topics: Mental health and sports benefits, disability in sport Healthy eating and lifestyle, BTEC sport introductions & rules and regulations</p>				