

Year 11 update 2021/22

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 11 BTEC Sport	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: Assignment A- Attributes and responsibilities and 2 sports leaders	Unit 6: Learning aim B Planning and leading a session Learning aim C: Review of session	Catch up		
	Core Leadership Football/Badminton / Rounders	Basketball/ handball/Badminton / alternative games	Badminton/ Ultimate frisbee/ alternative games			
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 / Netball	Badminton/ Ultimate frisbee/ alternative games	Badminton/ Ultimate frisbee/ alternative games	Badminton/Basketball /Alternative games/	Athletics/ Striking	Athletics/Striking and Fielding
Year 9 Theory application	Football/ Badminton/ Dodgeball/ Netball	Football/ Badminton/ dodgeball/ Handball	Handball/ Badminton/ Netball/ Ultimate Frisbee	Badminton/ Tag Ruby/ Alternative games/ Ultimate Frisbee	Athletics/ Striking and fielding	Athletics/ Striking and Fielding
Year 8 Tactics	Football/ Swimming/ Hockey/ Netball/ Badminton	Football/ Swimming/ Hockey/ Netball/ Badminton/ Handball	Swimming/ Handball/ Badminton/ Swimming/ Netball/ Football	Handball/ Badminton/ Swimming// Football/Hockey/ Basketball	Striking and Fielding/Athle tics	Striking and Fielding/Athletics
Year 7 Skills	Multi-sports	Football//Badminto n/ swimming/Dance/ Netball	Football/Badminton/ swimming/Dance/ Netball	Badminton/striking/ Dance/ athletics/ Swimming	Badminton/strikin g/ Dance/ athletics/ Swimming	Striking and Fielding / Athletics

PE Long Term Plan – 2021-2022

	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 / Rounders	Basketball/ handball/Badminton / alternative games	Badminton/ Ultimate frisbee/ alternative games	Badminton/ Ultimate frisbee/ alternative games	Striking	
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 / Netball	Badminton/ Ultimate frisbee/ alternative games	Badminton/ Ultimate frisbee/ alternative games	Badminton/Basketball /Alternative games/	Athletics/ Striking	Athletics/Striking and Fielding
Year 9 Theory application	Football/ Badminton/ Dodgeball/ Netball	Football/ Badminton/ dodgeball/ Handball	Handball/ Badminton/ Netball/ Ultimate Frisbee	Badminton/ Tag Ruby/ Alternative games/ Ultimate Frisbee	Athletics/ Striking and fielding	Athletics/ Striking and Fielding
Year 8 Tactics	Football/ Swimming/ Hockey/ Netball/ Badminton	Football/ Swimming/ Hockey/ Netball/ Badminton/ Handball	Swimming/ Handball/ Badminton/ Swimming/ Netball/ Football	Handball/ Badminton/ Swimming// Football/Hockey/ Basketball	Striking and Fielding/Athle tics	Striking and Fielding/Athletics
Year 7 Skills	Multi-sports	Football//Badminto n/ swimming/Dance/ Netball	Football/Badminton/ swimming/Dance/ Netball	Badminton/striking/ Dance/ athletics/ Swimming	Badminton/strikin g/ Dance/ athletics/ Swimming	Striking and Fielding / Athletics

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	Multi-sports	Football	Badminton	Dance/swimming	Athletics	striking
B2	Multi-sports	Badminton	Football	Athletics	Dance/swimming	Striking
G1	Multi-sports	Netball	Dance/swimming	Striking	Badminton	Athletics
G2	Multi-sports	Dance/swimming	Netball	Badminton	Striking	Athletics
Wet Weather	Fitness/ Dodgeball, Danish long ball, Bench ball,					

PE Long Term Plan KS3 Year 8

Year 8	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
B1	Swimming/hockey	Football	Badminton	Handball	Athletics	Striking
B2	Football	Handball	Swimming/Hockey	Badminton	Athletics	Striking
G1	Netball	Badminton	Football	Swimming/Hockey	Striking	Athletics
G2	Badminton	Swimming/Hockey	Netball	Football	Striking	Athletics
Wet Weather	Fitness/ Dodgeball, Danish long ball, Bench ball,					

PE Long Term Plan KS3 Year 9

Year 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
B1	Football	Handball	Badminton	Tag rugby	Athletics	Striking
B2	Badminton	Football	handball	Alternative games	Athletics	Striking
G1	Netball	Dodgeball	Ultimate Frisbee	Badminton	Striking	Athletics
G2	Dodgeball	Badminton	Netball	Ultimate Frisbee	Striking	Athletics
Wet Weather	Dodgeball, Danish long ball, Bench ball, Fitness Suite					

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
G1	Fitness	Football	Basketball	Badminton	Athletics	Striking and fielding
Mixed (3)	Netball	Badminton	Couch to 5k/aerobics to music	Alternative games	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	Handball	Badminton	Basketball	Softball	
G1	Rounders/netball	Badminton	Netball	Alternative	Badminton	
Mixed (3)	Badminton	Alternative	Football/basketball	Netball/hand ball	Rounders	
Wet Weather	Dodgeball, Danish long ball, Bench ball, Fitness Suite					