



## Physical Education Long Term Plan 2022-2023



### KS3 Intent

**In Year 7** pupils possible learn through **games-based situations**. The aim of this is to bring the fun element to PE whilst learning basic rules of sports and experiencing new sports that they may not have had the opportunity to do so in previous settings.

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

**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.

### Implementation

This will be implemented by performing a range of sports throughout the academic year. This will rotate every 3-4 weeks so that pupils have an opportunity to take part in a wide range of sports and activities.

This implementation is then reviewed through pupil feedback on their experience of PE in WHS. There will be opportunities to change sports for the next academic year. This is part of the new impact measures for the future.

YEAR 7

YEAR 8

YEAR 9

<p><b>ACCURACY</b></p> <p><b>CONTROL</b></p> <p><b>MOVEMENT</b></p>	<p>Football</p> <ul style="list-style-type: none"> <li>Basics</li> <li>Fundamental attacking and defensive strategies</li> <li>Key skills</li> </ul>	<p><b>Passing</b></p> <p><b>Threw ball</b></p> <p><b>Positioning</b></p>	<p>Football</p> <ul style="list-style-type: none"> <li>Outwitting an opponent</li> <li>Defensive strategies and positioning</li> <li>Movement and its importance.</li> </ul>	<p><b>Tactics</b></p> <p><b>Formation</b></p> <p><b>Advantage rule</b></p>	<p>Football</p> <ul style="list-style-type: none"> <li>Fundamental skills</li> <li>Self/peer assessment</li> <li>Analysis of performance</li> </ul>
<p><b>MOVEMENT</b></p> <p><b>AWARENESS</b></p> <p><b>COMMUNICATION</b></p>	<p>Handball</p> <ul style="list-style-type: none"> <li>Rules</li> <li>T&amp;C fundamentals</li> <li>Team play and communication</li> </ul>	<p><b>Dive shot</b></p> <p><b>Block</b></p> <p><b>Descent</b></p>	<p>Handball</p> <ul style="list-style-type: none"> <li>Rules</li> <li>T&amp;C fundamentals</li> <li>Team play and communication</li> </ul>	<p><b>defence</b></p> <p><b>Tackle</b></p> <p><b>Teamwork</b></p>	<p>Handball</p> <ul style="list-style-type: none"> <li>Outwitting opponents</li> <li>Key attacking and defensive strategies.</li> </ul>
<p><b>HT2</b></p> <p><b>DRIBBLING</b></p> <p><b>CO-ORDINATION</b></p> <p><b>TRAVELLING</b></p>	<p>Basketball</p> <ul style="list-style-type: none"> <li>Ball familiarisation</li> <li>Basics of outwitting an opponent</li> <li>Shooting variations</li> </ul>	<p><b>Lay up shot</b></p> <p><b>Set Shot</b></p> <p><b>Rebound</b></p> <p><b>Pivot</b></p>	<p>Basketball</p> <ul style="list-style-type: none"> <li>Dribbling and pivoting</li> <li>Emphasis on shooting BEEF</li> <li>Team play and Attacking/defending positioning.</li> </ul>	<p><b>Offensive</b></p> <p><b>Defensive</b></p> <p><b>Assist</b></p>	<p>Basketball</p> <ul style="list-style-type: none"> <li>Shooting BEEF technique</li> <li>Attacking/defense strategies.</li> <li>Competitive games.</li> </ul>
<p><b>BASELINE</b></p> <p><b>TRAMLINES</b></p> <p><b>OVERHEAD</b></p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Grip and positioning</li> <li>Shot variations</li> <li>rules</li> <li>Key skills of an effective badminton player.</li> </ul>	<p><b>Underarm clear</b></p> <p><b>Drop shot</b></p> <p><b>Positioning</b></p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Rules &amp; scoring</li> <li>Shot variations</li> <li>Doubles play</li> </ul>	<p><b>Tactical Awareness</b></p> <p><b>Self-assessment</b></p> <p><b>Analysis</b></p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Analysis of performance</li> <li>WWW/EBI</li> <li>Competitive situations and analysis.</li> </ul>

<b>CLEAR</b>					
<b>HT3</b>	Short tennis	<b>Service line</b>	Short tennis	<b>Ace</b>	Short Tennis
<b>FOREHAND</b>	<ul style="list-style-type: none"> <li>Ball familiarisation</li> </ul>	<b>Baseline</b>	<ul style="list-style-type: none"> <li>Rules &amp; Scoring</li> </ul>	<b>Backspin</b>	<ul style="list-style-type: none"> <li>Analysis of performance and Q&amp;A on how to improve further.</li> </ul>
<b>BACKHAND</b>	<ul style="list-style-type: none"> <li>Serving basics</li> </ul>	<b>Volley</b>	<ul style="list-style-type: none"> <li>Serving</li> </ul>	<b>Break point</b>	<ul style="list-style-type: none"> <li>Using peer assessment for help and guidance.</li> </ul>
<b>FAULT</b>	<ul style="list-style-type: none"> <li>Forehand and backhand.</li> </ul>		<ul style="list-style-type: none"> <li>Outwitting an opponent</li> </ul>		
<b>ORGANISATION</b>	Trampolining	<b>Trampette</b>	Trampolining	<b>Front landing</b>	Trampolining
<b>TUCK</b>	<ul style="list-style-type: none"> <li>Baseline testing</li> </ul>	<b>Seat landing</b>	<ul style="list-style-type: none"> <li>Advanced movements</li> </ul>	<b>Back landing</b>	<ul style="list-style-type: none"> <li>Front and Back Somersault</li> </ul>
<b>STRADDLE</b>	<ul style="list-style-type: none"> <li>Safe practice around a trampoline</li> </ul>	<b>Pike</b>	<ul style="list-style-type: none"> <li>Advanced sequences</li> </ul>	<b>Somersault</b>	<ul style="list-style-type: none"> <li>Analysis of performance</li> </ul>
<b>SPOTTING</b>	<ul style="list-style-type: none"> <li>Basic movements</li> </ul>		<ul style="list-style-type: none"> <li>Coaching others</li> </ul>		<ul style="list-style-type: none"> <li>Self/Peer Assessment</li> </ul>
	<ul style="list-style-type: none"> <li>Basic sequences</li> </ul>		<ul style="list-style-type: none"> <li>Self/Peer Assessment</li> </ul>		
<b>HALF TERM 4</b>	HRF	<b>Warm up</b>	HRF	<b>Intensity</b>	HRF
<b>TRAINING</b>	<ul style="list-style-type: none"> <li>Baseline testing</li> </ul>	<b>Cool down</b>	<ul style="list-style-type: none"> <li>Baseline testing</li> </ul>	<b>Duration</b>	<ul style="list-style-type: none"> <li>Baseline testing</li> </ul>
<b>BALANCE DIET</b>	<ul style="list-style-type: none"> <li>Types of training</li> </ul>	<b>Heart rate</b>	<ul style="list-style-type: none"> <li>Types of training</li> </ul>	<b>Technique</b>	<ul style="list-style-type: none"> <li>Types of training</li> </ul>
<b>HYDRATION</b>	<ul style="list-style-type: none"> <li>Nutrition</li> </ul>	<b>Weight</b>	<ul style="list-style-type: none"> <li>Short and long term effects of exercise.</li> </ul>	<b>Plyometric</b>	<ul style="list-style-type: none"> <li>Short and long term effects of exercise.</li> </ul>
<b>CIRCUIT</b>	<ul style="list-style-type: none"> <li>Effects of exercise</li> </ul>	<b>Interval</b>		<b>Analysis</b>	<ul style="list-style-type: none"> <li>Analysis of performance</li> </ul>
<b>CALORIE</b>					
<b>HALF TERM 5</b>	Athletics	<b>Explosive</b>	Athletics	<b>Vertical</b>	Athletics
<b>TECHNIQUE</b>	<ul style="list-style-type: none"> <li>A range of athletic events</li> </ul>	<b>Trajectory</b>	<ul style="list-style-type: none"> <li>A range of athletic events</li> </ul>	<b>Reaction time</b>	<ul style="list-style-type: none"> <li>A range of athletic events</li> </ul>
<b>AERODYNAMIC</b>	<ul style="list-style-type: none"> <li>Competitions</li> </ul>	<b>Co-ordination</b>	<ul style="list-style-type: none"> <li>Competitions</li> </ul>	<b>Disqualification</b>	<ul style="list-style-type: none"> <li>Competitions</li> </ul>
<b>APPROACH</b>			<ul style="list-style-type: none"> <li>Self/peer assessment</li> </ul>		<ul style="list-style-type: none"> <li>Self/peer assessment</li> </ul>

<b>HALF TERM 6</b> <b>BACKSTOP</b>  <b>HALF ROUNDER</b>  <b>STUMP</b>  <b>WICKET</b>  <b>BATSMAN</b>	<b>Rounders</b> <ul style="list-style-type: none"> <li>Fundamentals of T&amp;C</li> <li>Ball striking</li> <li>Games play</li> </ul>	<b>Innings</b>  <b>No ball</b>  <b>LBW</b>	<b>Rounders</b> <ul style="list-style-type: none"> <li>Fundamentals of T&amp;C</li> <li>Team strategies</li> <li>Evaluating and improving</li> </ul>	<b>Innings</b>  <b>Effectiveness</b>  <b>Accuracy</b>  <b>Wide ball</b>	<b>Rounders</b> <ul style="list-style-type: none"> <li>Fundamentals of T&amp;C</li> <li>Team strategies</li> <li>Evaluating and improving individually and as a team.</li> </ul>
	<b>Cricket</b> <ul style="list-style-type: none"> <li>Kwick cricket basics</li> <li>Team play and strategy.</li> </ul>	<b>Boundary</b>  <b>Fielding</b>  <b>Co-ordination</b>	<b>Cricket</b> T&C fundamentals Full cricket games Evaluating performance	<b>Run out</b>  <b>Crease</b>	<b>Cricket</b> <ul style="list-style-type: none"> <li>T&amp;C fundamentals</li> <li>Full cricket games</li> <li>Evaluating &amp; improving performance with recommendations.</li> </ul>