Long Term Plan Core PE KS3

ARCHBISHOP SENTAMU ACADEMY CHURCH OF ENGLAND

PE is not marmite health and well being is for everyone.

Year 7 - Emerging (Control)

Year 8 - Developing (Fluency) (Proficiency) Year 9 - Securing

Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic)	Link to subject ethos and driver (rename)	Anticipated misconceptio ns	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
2	Baseline Testing Invasion Games X Country Orienteering Dodgeball Fitness	How to conduct a warm up and why. Muscles and bones required for PE & sport.	Effective performance in a range of skills and techniques with control. In isolating and a small group setting. Employ simple tactics and creative plays Effectively perform and combine sequences with control. Judge performance for improvement. Effectively combine	PE should be for everyone. A place where students can express themselves and strive for excellence in their mental, social and physical health. Whilst providing them with useful tools to help them lead an enriching life with health and	Positions in game situations. Game related rules. Pacing. Linking physical fitness with current level of performance. Resilience.	It is a priority to develop and refine pupils' fundamental movement skills in a variety of contexts, including dance and game-based activities. Each context will require different knowledge to develop competency.	Focus on engaging pupils physically in increasingly complex situations so that they refine their knowledge of movement and apply these. Pupils should continue to develop a range of movement patterns alongside their knowledge of the rules, strategies and tactics	Students will have the opportunity to attend clubs and inter school competitions. The competitions are centrally arranged by HAS which cover a vast range of sports throughout the academic year. Extra pathways are also in place for level 3 representations which are city or county level.	Democracy - Behaving in a way that is socially accepted. Understand and apply different roles within sport. Rule of Law - Opportunity to learn and play by a set of common rules. Learn that breaking rules comes with a penalty and consequence .	The breath of activities provides the students with the opportunity to experience a wide range of different sports. Alongside the rotation themes run through the lessons such as tactics and strategies, development of techniques and awareness of	https://www.u ksport.gov.uk /jobs-in-sport

3	Net wall games. Dance Fitness	Heart, Lungs & healthy balanced diet.	basic skills whilst using an implement for performance. Understand the health and wellbeing benefits regular fitness sessions	wellbeing at the centre.	Scoring system. Linking the body and how daily activity can improve overall health.	for the activities, including healthy participation.	Groups at the inter school competition are set according to the 3 areas of competing, developing or engaging.	Individual liberty - Opportunities to show discipline and resilience and encourages to make mistakes and fail. Creating a stronger	performance development, encouragem ent of teamwork, problem solving, trust and have opportunities to use their developing	
			have on the mind and body.		neaim.			mind set. Respect &	skills in competitive situations.	
			Combine map reading and fitness skills to complete a					tolerance - Make sensible considerate choices that impact themselves		
4	Inclusive sports week Invasion games	Social & emotional skill development through sport.	route accurately and efficiently.		Basic map reading skills and understandin g the map icons.			and team mates. Have the confidence and courage to interact with others and		
	Quad Rius		basic skills and techniques in a range of					appreciate differences in the collective aim of		
5	Athletics, striking and fielding & alternative games.	Lifelong physical activity & why.	athletic events.		Measuring and recording times and distances accurately.			sporting performance.		
			Combine basic isolated skills of throwing, catching and		assaratory.					

6	alternative games.	Community which supports acceptance and respect through sport.	batting into small sided games.		Scoring system and roles and responsibiliti es in a game situation.						
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Long Term Plan Core PE KS4

Year 10 - Applying (Complex situations)

Year II - Applying for enjoyment (Lifelong enjoyment)

Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic)	Link to subject ethos and driver (rename)	Anticipated misconceptio ns	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
1	Invasion Games Fitness	Muscles and bones required for PE & sport.	Effective performance in a range of skills and techniques showing skills development in complex situations. Employ creative tactics and employ creative plays	PE should be for everyone. A place where students can express themselves and strive for excellence in their mental, social and physical health.	Scoring system. Complex rules and interpretation s of rules.	It is a priority to develop and refine pupils' fundamental movement skills in a variety of contexts, including dance and game-based activities. Each context	Focus on engaging pupils physically in increasingly complex situations so that they refine their knowledge of movement and apply these. Pupils should	Students will have the opportunity to attend clubs and inter school competitions. The competitions are centrally arranged by HAS which cover a vast range of	Democracy - Behaving in a way that is socially accepted. Understand and apply different roles within sport. Rule of Law - Opportunity	During KS4 we allow the students to have a choice of activity rotation. Here staff provide students with a choice of activities (again following the	https://www.u ksport.gov.uk /jobs-in-sport

				Whilst		will require	continue to	sports	to learn and	national	
				providing		different	develop a	throughout	play by a set	curriculum)	
			Effectively	them with		knowledge to	range of	the academic	of common	to elect to	
			perform and	useful tools		develop	movement	year. Extra	rules. Learn	take part in	
2		Heart, Lungs	combine	to help them	Pacing.	competency.	patterns	pathways are	that breaking	over a block	
	Aesthetics	& healthy	sequences	lead an	Linking		alongside	also in place	rules comes	of lessons.	
		balanced	with pose		physical		their	for level 3	with a	This gives	
	X country	diet.	and	enriching life	fitness with		knowledge of	representatio	penalty and	the older	
			confidence.	with health	current level		the rules,	ns which are	consequence	students a	
			Judge	and	of		strategies	city or county	•	sense of	
			performance	wellbeing at	performance.		and tactics	level.		responsibility	
			for	the centre.	Resilience.		for the	Groups at	Individual	over their	
			improvement.				activities,	the inter	liberty -	learning.	
							including	school	Opportunities		
							healthy	competition	to show		
			Effoctively				participation.	are set	discipline		
			Effectively combine					according to the 3 areas	and resilience		
3		Social &	complex		Variation of			of competing,	and		
3	Bat & Racket	emotional	skills whilst		scorning			developing or	encourages		
	sports.	skill	using an		systems,			engaging.	to make		
	sports.	development	implement for		rules and			KS4 students	mistakes and		
	Fitness	through	performance.		application of			are	fail. Creating		
	1 101000	sport.	periormanoe.		regulations.			encouraged	a stronger		
		ороги.	Understand		rogulationo.			to support	mind set.		
			the health		Making links			KS3 students			
			and wellbeing		between the			during extra	Respect &		
			benefits		theory of the			curricular	tolerance -		
			regular		body in			activity.	Make		
			fitness		action and			•	sensible		
			sessions		how the body				considerate		
			have on the		is working				choices that		
			mind and		-				impact		
			body.						themselves		
									and team		
									mates. Have		
			Combine						the		
			map reading						confidence		
			and fitness		Basic map				and courage		
4		Lifelong	skills to		reading skills				to interact		
	Orienteering	physical	complete a		and				with others		
	la alcaica	activity &	route		understandin				and		
	Inclusive	why.	accurately		g the map				appreciate		
	sports		and		icons.				differences in		
			efficiently.						the collective aim of		
									sporting		
									Sporting		

5	Athletics, striking and fielding & alternative games.	Community which supports acceptance and respect through	Combine complex skills and techniques in a range of athletic events.	Measuring and recording times and distances accurately.		performance.	
6	Athletics, striking and fielding & alternative games.	Exercise over the summer.	Combine complex skills of throwing, catching and batting into game situations	Scoring systems, rules and regulations of a full game situation.			