

Long Term Plan Core PE KS3

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 misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
1	Baseline Testing Invasion Games X Country	How to conduct a warm up and why.	Effective performance in a range of skills and techniques with control. In isolating and a small group setting. Employ simple tactics and 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. Whilst providing them with useful tools to help them lead an enriching life with health and	Positions in game situations. Game related 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 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.uk-sport.gov.uk/jobs-in-sport
2	Orienteering Dodgeball Fitness	Muscles and bones required for PE & sport.	Effectively perform and combine sequences with control. Judge performance for improvement. Effectively combine		Pacing. Linking physical fitness with current level of performance. Resilience.						

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

6	Athletics, striking and fielding & alternative games.	Community which supports acceptance and respect through sport.	batting into small sided games.		Scoring system and roles and responsibilities in a game situation.						
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Long Term Plan Core PE KS4

Year 10 - Applying (Complex situations)

Year 11 - 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 misconceptions	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 interpretations 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.uk-sport.gov.uk/jobs-in-sport

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

5	Athletics, striking and fielding & alternative games.	Community which supports acceptance and respect through sport.	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.						