

Physical Education 2022/2023 Long Term Plan

Date w/c	Year 7 CORE PE ENGAGE	Year 8 CORE PE PREPARE	Year 9 CORE PE PREPARE	Year 10 CORE PE	Year 11 CORE PE	Year 10 Sport Studies	Year 11 Sport Studies 1	Year 11 Sport Studies 2		
5 th Sept	9 X 4 week rotations Football/ Netball, Gymnastics, Basketball, Rugby, Dance, Net/Wall, Cricket, Tennis, Rounders, Athletics	6 X 6 week rotations Football/ Netball, Gymnastics, Basketball, Rugby, Dance, Net/Wall, Cricket, Tennis, Rounders, Athletics	6 X 6 week rotations Football/ Netball Table Tennis Badminton Gymnastics/ Trampoline /Dance Cricket / Tennis/ Rounders Showing prior knowledge of skills and rules. Developing fluency, accuracy and consistency Attacking and defensive decision making. Development of tactical awareness. Assessment throughout each unit	6 X 6 week rotations Football/ Netball/ Mat ball/ Rugby Table Tennis Badminton Gymnastics/ Trampoline /Dance Cricket / Tennis/ Rounders	6 X 6 week rotations Football/ Netball/ Mat ball/ Rugby Table Tennis Badminton Gymnastics/ Trampoline /Dance Cricket / Tennis/ Rounders	R185 Practical sport intro	Leadership unit running alongside final practical sport assessments			
12 th Sept						Practical sports run alongside theory	Officiating – rules and regulations			
19 th Sept						Types of skills	Officiating – rules and regulations			
26 th Sept						Types of practice	R)52 final assessment week			
3 rd Oct						Understanding of rules Performance of skills within the sport	Knowledge of the sports Understanding of rules Performance of skills within the sport	Strength identification	Exam preparation – RO51 User groups	New course – Introduction to RO51 - User groups running alongside RO52 in practical lessons
10 th Oct						Developing consistency in performance	Understanding how to outwit opponents	3 strengths	Barriers to participation in sport	Barriers to participation Solutions
17 th Oct	Assessment throughout each unit	Assessment throughout each unit	Areas to develop	Solutions to barriers in participation	Sporting Values					
24 th Oct										
31 st Oct	Knowledge of the sports	Knowledge of the sports	Showing prior knowledge of skills and rules. Developing fluency, accuracy and consistency Attacking and defensive decision making. Development of tactical awareness. Assessment throughout each unit	Rules and gameplay	Rules and gameplay	Strength and areas to develop	Sporting values	Olympic Values MOCK		
7 th Nov	Understanding of rules	Understanding of rules		Rules and gameplay	Rules and gameplay	Strength and areas to develop	Olympic Values	National Governing bodies 1		
14 th Nov	Performance of skills within the sport	Performance of skills within the sport		Rules and gameplay	Rules and gameplay	Strength and areas to develop	Initiatives to raise participation and sporting values	Mock feedback and National Governing bodies 2		
21 nd Nov	Developing consistency in performance	Understanding how to outwit opponents		Rules and gameplay	Rules and gameplay	Strength and areas to develop	National Governing bodies	National Governing bodies 3		
28 th Nov	Assessment throughout each unit	Assessment throughout each unit		Rules and gameplay	Rules and gameplay	Feedback lessons	National governing bodies 2	Hosting a major event		
5 th Dec				Rules and gameplay	Rules and gameplay	Feedback lessons	Hosting a major event Mock exam	Hosting a major event Mock exam		
12 th Dec				Rules and gameplay	Rules and gameplay	Deadline R185	Walk - thru	Walk-thru		
19 th Dec										
26 th Dec										
2 nd Jan	Knowledge of the sports	Knowledge of the sports	Showing prior knowledge of skills and rules. Developing fluency, accuracy and consistency Attacking and defensive decision making. Development of tactical awareness. Assessment throughout each unit	Leadership of a group	Leadership of a group	Leadership styles	Revision	Revision		
9 th Jan	Understanding of rules	Understanding of rules		Leadership of a group	Leadership of a group	Applying correct style of leadership to sporting situations	EXTERNAL EXAM	EXTERNAL EXAM		
16 th Jan	Performance of skills within the sport	Performance of skills within the sport		Evaluating performance and feedback	Evaluating performance and feedback	Comparisons of leaders in sporting situations (recap)	Delivery of leadership sessions	Leadership styles		
23 th Jan	Developing consistency in performance	Understanding how to outwit opponents		Evaluating performance and feedback	Evaluating performance and feedback	Planning a sports session	Delivery of leadership sessions	Applying correct style of leadership to sporting situations		
30 th Jan	Assessment throughout each unit	Assessment throughout each unit		Skills and understanding of officiating	Skills and understanding of officiating	Planning a sports session	Evaluation of leadership session	Comparisons of leaders in sporting situations (recap)		
6 th Feb				Skills and understanding of officiating	Skills and understanding of officiating	Planning a sports session	Evaluation of leadership session	Planning a sports session		
13 th Feb										
20 st Feb	Knowledge of the sports	Knowledge of the sports	Showing prior knowledge of skills and rules. Developing fluency, accuracy and consistency Attacking and defensive decision making. Development of tactical awareness. Assessment throughout each unit	Leadership of a group	Leadership of a group	Delivery of leadership sessions	Researching different careers	Planning a sports session		
27 th Feb	Understanding of rules	Understanding of rules		Leadership of a group	Leadership of a group	Delivery of leadership sessions	Planning an application	Risk Assessment		
6 th Mar	Performance of skills within the sport	Performance of skills within the sport		Evaluating performance and feedback	Evaluating performance and feedback	Evaluation of leadership session	Application for job in sports industry	Delivery of leadership sessions		
13 th Mar	Developing consistency in performance	Understanding how to outwit opponents		Evaluating performance and feedback	Evaluating performance and feedback	Evaluation of leadership session	Application for job in sports industry	Delivery of leadership sessions		
20 st Mar	Assessment throughout each unit	Assessment throughout each unit		Skills and understanding of officiating	Skills and understanding of officiating	Feedback	Application for job in sports industry	Evaluation of leadership session		
27 th Mar				Skills and understanding of officiating	Skills and understanding of officiating	Assignment improvement	Designing and writing a CV	Researching different careers		
3 th April										
10 th April										
17 th April	Knowledge of the sports	Knowledge of the sports	Showing prior knowledge of skills and rules. Developing fluency, accuracy and consistency	Leadership of a group	Leadership of a group	Introduction User groups R184 running alongside R185 practical lessons	Designing and writing a CV – relevant to sport	Planning an application		
24 th April	Understanding of rules	Understanding of rules		Leadership of a group	Leadership of a group	Barriers to participation Solutions	Planning for interview	Application for job in sports industry		

1 st May	Assessment throughout each unit	Assessment throughout each unit	Attacking and defensive decision making.	Evaluating performance and feedback	Evaluating performance and feedback	Sporting Values	Planning for interview	Making CV
8 th May			Development of tactical awareness.	Evaluating performance and feedback	Evaluating performance and feedback	Olympic Values	Application Feedback	Making CV
15 th May			Assessment throughout each unit	Skills and understanding of officiating	Skills and understanding of officiating	National Governing bodies 1	Improvement of assignments where necessary and/or appropriate.	Planning for interview
22 nd May				Skills and understanding of officiating	Skills and understanding of officiating	National Governing bodies 2	Improvement of assignments where necessary and/or appropriate.	Planning for interview
29 th May								
5 th June	Knowledge of the sports Understanding of rules	Knowledge of the sports Understanding of rules	Showing prior knowledge of skills and rules.	Developing ability to work in different groups	Accessing sport in the future	National Governing bodies 3	Improvement of assignments where necessary and/or appropriate.	Improvement of assignments where necessary and/or appropriate.
12 th June	Performance of skills within the sport Developing consistency in performance	Performance of skills within the sport Understanding how to outwit opponents	Developing fluency, accuracy and consistency Attacking and defensive decision making.	Developing ability to work in different groups	Accessing sport in the future	Hosting a major event	Improvement of assignments where necessary and/or appropriate.	Improvement of assignments where necessary and/or appropriate.
19 th June	Assessment throughout each unit	Assessment throughout each unit	Development of tactical awareness. Assessment throughout each unit	Rounders/ Tennis/ Cricket/ Badminton/ Football rotations	Accessing sport in the future	Hosting a major event Mock exam	Improvement of assignments where necessary and/or appropriate.	Improvement of assignments where necessary and/or appropriate.
26 th June				Skills and understanding of officiating		Hosting a major event		
3 rd July				Skills and understanding of officiating		Hosting a major event		
10 th July				Leadership qualities assessed		Mock exam		
17 th July				Leadership qualities assessed		Feedback		
24 th July								