

Physical Education Y7 – 2021 / 2022

Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 01/11	W/C 8/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Bank Holiday (30/08)							Term 2	Data Input 1 (10/11)*	Data Day (18/11) Planning Day (19/11)	Share Results		Y11 Mock Examinations
	New staff and SLT on 25/08 All from 26/08 Student Induction Y7 and 8 on 31/08 Y9-11 on 1/09	Invasion Games tournament to assess groupings and set expectations	Indoor Ath L1 Sprints Fitness L1 SAQ	Indoor Ath L2 Throws Fitness L2 ABC	Indoor Ath L3 Jumps Fitness L3 CvE	Indoor Ath L4 Hurdles Fitness L4 ME	Indoor Ath L5 Relay Fitness L5 S&C	Handball L1 Principles of attack and defence	Handball L2 Keep Possession	Handball L3 Support	Handball L4 Skills practice	Handball L5 Penetration	Handball L6 Defensive pressure, support and cover
Cycle 2	W/C 13/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 31/01	W/C 07/02	W/C /14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03	W/C 28/03
	Y11 Mock Examinations	Term 3 Return 04/01	Data Input Y11 (10/01)*						Term 4 Data Input 2 (02/03)*	Data Day (10/03) Planning Day (11/03)	Share Results		
	Handball L7 SSG Tournament	Badminton L1 Hitting consistently Tag Rugby L1 Go forward	Review Badminton L2 Controlling weight Tag Rugby L2 Support	Badminton L3 Controlling angle Tag Rugby L3 Support	Badminton L4 Finding space/setting up attack Tag Rugby L4 Apply pressure	Badminton L5 Restricting space Tag Rugby L5 Continuity	Badminton L6 Skills practice Tag Rugby L6 Continuity	Badminton L7 Tournament Tag Rugby L7 SSG tournament	Gymnastics L1 Travelling Football L1 Support	Gymnastics L2 Balances Football L2 Possession	Gymnastics L3 Rolls Football L3 Penetration	Gymnastics L4 Routine Dev Football L4 Skills practice	Gymnastics L5 Routine Dev Football L5 Defensive pressure/suppor t
Cycle 3	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07	W/C 18/07
		Term 5	Bank Holiday (02/05) 03/05 Possible Eid		GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*		Data Input 3 (07/07)*		Share Results Data Day (21/07)
	Gymnastics L6 Performance Football L6 SSG Tournament	Cricket L1 Hitting the ball consistently Rounders L1 Throw/Catch	Cricket L2 Hitting to space Rounders L2 Bowling	Cricket L3 Staying in Rounders L3 Ground Fielding	Cricket L4 Limiting runs Rounders L4 Batting	Cricket L5 Skill practice - bowling Rounders L5 Assessment	Cricket L6 Mini tournament Rounders L6 Mini tournament	Athletics L1 Shot Putt Softball L1 Throw/catch	Athletics L2 Discuss Softball L2 Fielding	Athletics L3 Sprinting Softball L3 Fielding	Athletics L4 Relay Softball L4 Bowling	Athletics L5 Pacing Softball L5 Batting	

Physical Education Y8 – 2021 / 2022

Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 01/11	W/C 8/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Bank Holiday (30/08)							Term 2	Data Input 1 (10/11)*	Data Day (18/11) Planning Day (19/11)	Share Results		Y11 Mock Examinations
	New staff and SLT on 25/08 All from 26/08 Student Induction Y7 and 8 on 31/08 Y9-11 on 1/09	Invasion Games tournament to assess groupings and set expectations	Indoor Ath L1 Sprints Fitness L1 SAQ	Indoor Ath L2 Throws Fitness L2 ABC	Indoor Ath L3 Jumps Fitness L3 CvE	Indoor Ath L4 Hurdles Fitness L4 ME	Indoor Ath L5 Relay Fitness L5 S&C		Handball L1 Support	Handball L2 Keep Possession	Handball L3 Penetration	Handball L4 Skills practice	Handball L5 Scoring and pressure
Cycle 2	W/C 13/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 31/01	W/C 07/02	W/C /14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03	W/C 28/03
	Y11 Mock Examinations	Term 3 Return 04/01	Data Input Y11 (10/01)*						Term 4 Data Input 2 (02/03)*	Data Day (10/03) Planning Day (11/03)	Share Results		
	Handball L7 SSG Tournament	Badminton L1 Staying in the point Tag Rugby L1 Go forward	Badminton L2 Controlling weight (from the back of the court) Tag Rugby L2 Support	Badminton L3 Controlling angle (when to hit cross court) Tag Rugby L3 Support	Badminton L4 Finding space/setting up attack Tag Rugby L4 Apply pressure	Badminton L5 Doubles positioning to restrict space Tag Rugby L5 Continuity	Badminton L6 Skills practice Tag Rugby L6 Continuity	Badminton L6 Tournament Tag Rugby L7 SSG tournament		Gymnastics L1 Travelling – more demanding modes of travel Football L1 Support	Gymnastics L2 Group Balances Football L2 Possession	Gymnastics L3 Rolls – dive, cartwheel Football L3 Penetration	Gymnastics L4 Routine Dev Football L4 Skills practice
Cycle 3	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07	W/C 18/07
		Term 5	Bank Holiday (02/05) 03/05 Possible Eid		GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*		Data Input 3 (07/07)*		Share Results Data Day (21/07)
	Gymnastics L6 Performance Football L6 SSG Tournament	Cricket L1 Hitting to space Rounders L1 Throw/Catch	Cricket L2 Staying in Rounders L2 Bowling	Cricket L3 Limiting runs Rounders L3 Ground Fielding	Cricket L4 Make the ball hard to hit Rounders L4 Batting	Cricket L5 Mini Tournament Rounders L5 Assessment	Cricket L6 Mini tournament Mini tournament		Athletics L1 Shot Putt Softball L1 Throw/catch	Athletics L2 Discuss Softball L2 Fielding	Athletics L3 Sprinting Softball L3 Fielding	Athletics L4 Relay Softball L4 Bowling	Athletics L5 Pacing Softball L5 Batting

Physical Education Y9 – 2021 / 2022

Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 01/11	W/C 8/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Bank Holiday (30/08)							Term 2	Data Input 1 (10/11)*	Data Day (18/11) Planning Day (19/11)	Share Results		Y11 Mock Examinations
	New staff and SLT on 25/08 All from 26/08 Student Induction Y7 and 8 on 31/08 Y9-11 on 1/09	Fitness – Interval Training (Anaerobic) Indoor athletics – Relay competition	Fitness – Interval Training (Anaerobic) Indoor athletics – Team endurance race	Fitness – Interval Training (Muscular Endurance) Indoor athletics – Indoor javelin	Fitness – Interval Training (Muscular Endurance) Indoor athletics – Speed bounce, SLJ and vertical jump	Fitness – Interval Training (Speed) Indoor athletics - - Indoor shot put	Fitness – Agility training Indoor athletics – mini competition	Fitness – Interval Training (Anaerobic) Striking and Fielding - Applying the Principles of Play	Fitness – Interval Training (Anaerobic) Striking and Fielding - Applying the Principles of Play	Fitness – Interval Training (Muscular Endurance) Striking and Fielding - Applying the Principles of Play	Fitness – Interval Training (Muscular Endurance) Striking and Fielding - Applying the Principles o	Fitness – Interval Training (Speed) Striking and Fielding - Applying the Principles o	
Cycle 2	W/C 13/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 31/01	W/C 07/02	W/C /14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03	W/C 28/03
	Y11 Mock Examinations	Term 3 Return 04/01	Data Input Y11 (10/01)*						Term 4 Data Input 2 (02/03)*	Data Day (10/03) Planning Day (11/03)	Share Results		
	Invasion Games Possession Games: Applying the POP	Invasion Games Possession Games: Applying the POP	Invasion Games Possession Games: Applying the POP	Invasion Games Possession Games: Applying the POP	Invasion Games Possession Games: Applying the POP	Invasion Games Possession Games: Applying the POP	Net and Wall Badminton/Tabl e tennis: Applying the POP	Net and Wall Badminton/Tabl e tennis: Applying the POP	Net and Wall Badminton/Tabl e tennis: Applying the POP	Net and Wall Badminton/Tabl e tennis: Applying the POP	Net and Wall Badminton/Tabl e tennis: Applying the POP	Net and Wall Badminton/Tabl e tennis: Applying the POP	Net and Wall Badminton/Tabl e tennis: Applying the POP
Cycle 3	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07	W/C 18/07
		Term 5	Bank Holiday (02/05) 03/05 Possible Eid		GCSE Examinations*	GCSE Examinations*	GCSE Examinations* Term 6	GCSE Examinations*	GCSE Examinations*		Data Input 3 (07/07)*		Share Results Data Day (21/07)
	Individual Pursuit Fitness training (Muscular endurance/BW strength training)	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Examinations Assessment Athletics Sprint events	Examinations Athletics Long distance events.	Examinations Athletics Middle distance events.	Athletics Jumping events.	Athletics Throwing events

Physical Education Y10 – 2021 / 2022

Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 01/11	W/C 8/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Bank Holiday (30/08)							Term 2	Data Input 1 (10/11)*	Data Day (18/11) Planning Day (19/11)	Share Results		Y11 Mock Examinations
	New staff and SLT on 25/08 All from 26/08 Student Induction Y7 and 8 on 31/08 Y9-11 on 1/09	10E1/2 Applying the principles of badminton 10E3/4 Applying the principles of rounders	10E1/2 Applying the principles of badminton 10E3/4 Applying the principles of rounders	10E1/2 Applying the principles of badminton 10E3/4 Applying the principles of rounders	10E1/2 Applying the principles of badminton 10E3/4 Applying the principles of badminton	10E1/2 Applying the principles of rounders 10E3/4 Applying the principles of badminton	10E1/2 Applying the principles of rounders 10E3/4 Applying the principles of badminton	10E1/2 Applying the principles of rounders 10E3/4 Applying the principles of badminton	10E1/2 Applying the principles of Table tennis 10E3/4 Applying the principles of cricket	10E1/2 Applying the principles of Table tennis 10E3/4 Applying the principles of cricket	10E1/2 Applying the principles of Table tennis 10E3/4 Applying the principles of cricket	10E1/2 Applying the principles of cricket 10E3/4 Applying the principles of table tennis	10E1/2 Applying the principles of cricket 10E3/4 Applying the principles of table tennis
Cycle 2	W/C 13/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 31/01	W/C 07/02	W/C /14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03	W/C 28/03
	Y11 Mock Examinations	Term 3 Return 04/01	Data Input Y11 (10/01)*						Term 4 Data Input 2 (02/03)*	Data Day (10/03) Planning Day (11/03)	Share Results		
		10E1/2 Applying the principles of cricket 10E3/4 Applying the principles of table tennis	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Individual Pursuit (Fartlek training)	Individual Pursuit Fitness training (cardiovascular)	Individual Pursuit Fitness training (HIIT)	Individual Pursuit Fitness training (Sprint training)
Cycle 3	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07	W/C 18/07
		Term 5	Bank Holiday (02/05) 03/05 Possible Eid		GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*		Data Input 3 (07/07)*	Share Results Data Day (21/07)
		Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Athletics Sprint events	Athletics Long distance events.	Athletics Middle distance events.	Athletics Jumping events.	Athletics Throwing events

Physical Education Y11 – 2021 / 2022

Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 01/11	W/C 8/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Bank Holiday (30/08)							Term 2	Data Input 1 (10/11)*	Data Day (18/11) Planning Day (19/11)	Share Results		Y11 Mock Examinations
	New staff and SLT on 25/08 All from 26/08 Student Induction Y7 and 8 on 31/08 Y9-11 on 1/09	11E1/4 Applying the principles of net and wall games 11E2/3 Applying the principles of rounders	11E1/4 Applying the principles of net and wall games 11E2/3 Applying the principles of rounders	11E1/4 Applying the principles of net and wall games 11E2/3 Applying the principles of rounders	11E1/4 Applying the principles of net and wall games 11E2/3 Applying the principles of net and wall games	11E1/4 Applying the principles of rounders 11E2/3 Applying the principles of net and wall games	11E1/4 Applying the principles of rounders 11E2/3 Applying the principles of net and wall games	11E1/4 Applying the principles of rounders 11E2/3 Applying the principles of net and wall games	11E1/4 Applying the principles of Table tennis 11E2/3 Applying the principles of striking and fielding games	11E1/4 Applying the principles of Table tennis 11E2/3 Applying the principles of striking and fielding games	11E1/4 Applying the principles of Table tennis 11E2/3 Applying the principles of striking and fielding games	11E1/4 Applying the principles of striking and fielding games 11E2/3 Applying the principles of striking and fielding games	11E1/4 Applying the principles of striking and fielding games 11E2/3 Applying the principles of striking and fielding games
Cycle 2	W/C 13/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 31/01	W/C 07/02	W/C /14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03	W/C 28/03
	Y11 Mock Examinations	Term 3 Return 04/01	Data Input Y11 (10/01)*						Term 4 Data Input 2 (02/03)*	Data Day (10/03) Planning Day (11/03)	Share Results		
	11E1/4 Applying the principles of striking and fielding games 11E2/3 Applying the principles of striking and fielding games	11E1/4 Applying the principles of striking and fielding games 11E2/3 Applying the principles of striking and fielding games	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Invasion Games Applying principles of attack and defence.	Individual Pursuit (Fartlek training)	Individual Pursuit Fitness training (cardiovascular)	Individual Pursuit Fitness training (HIIT)	Individual Pursuit Fitness training (Sprint training)
Cycle 3	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07	W/C 18/07
		Term 5	Bank Holiday (02/05) 03/05 Possible Eid		GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	Data Input 3 (07/07)*		Share Results Data Day (21/07)
	Individual Pursuit Fitness training (Muscular endurance/BW strength training)	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Striking and Fielding Applying principles of play	Athletics Sprint events	Athletics Long distance events.	Athletics Middle distance events.	Athletics Jumping events.	Athletics Throwing events