

PE Long Term Plans

KS3 Physical Education 2019 – 2020						
	Autumn Term Sept - Oct	Autumn Term Oct - Dec	Spring Term Jan - Feb	Spring Term Feb - March	Summer Term April - May	Summer Term June - July
3A (RH)	Ball Skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
3B (VK)	Ball Skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
3C (KB)	Ball Skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
3D (ML)	Ball Skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
3E (RC)	Ball Skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
3F (JSD)	Ball Skills	Creative / Net and Wall	Teamwork	Cooperative Games	Athletics	Striking & Fielding
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
3G (EM)	Ball Skills	Creative / Net and Wall	Teamwork	Cooperative Games	Athletics	Striking & Fielding
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming

3H (NC)	Fine and gross motor skills development Object control skills Fundamental movement skills (agility, balance and coordination) Sensory activities Activities for improving fitness, social and emotional development and cross curricular learning
3I (JR)	Fine and gross motor skills development Fundamental movement skills (agility, balance and coordination) Object control skills Sensory activities Activities for improving fitness, social and emotional development and cross curricular learning

	KS4 Physical Education 2019 – 2020					
	Autumn Term Sept - Oct	Autumn Term Oct – Dec	Spring Term Jan - Feb	Spring Term Feb – March	Summer Term April - May	Sumer Term June - July
10A (BN)	Ball skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
10B (SR)	Ball skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
11A (PC)	Ball skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
11B (KC)	Ball skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding
11C (PW)	Ball Skills	Creative / Net and Wall	Fitness	Cooperative Games	Athletics	Striking & Fielding

Key Stage 4 Options
Level 1 Award in Sport Leadership

Topic covered over the 2 year programme

- Identify what makes a good leader
- Communication skills for leading basic games
- Structuring, planning and leading sports activities
- Organisational skills / lesson planning
- Understanding fair play in sport
- Promoting fair play in sport
- Planning a sports specific activity
- Leading a sports specific activity
- Factors affecting healthy lifestyles
- Activities that encourage healthy lifestyles
- Opportunities in sport and recreation
- The role of the official
- Officiating games
- Self-review and planning for demonstration of leadership