

## Scheme of Learning – Long Term Planning

**Subject: Physical Education Core PE**

**Key stage: 4**

| Year      | Autumn Term*   | Spring Term*   | Summer Term*   |
|-----------|--|--|--|
| <b>10</b> | <u>Autumn 1</u><br><br>Options:<br>'Junior Sports Leaders'<br>Level 1 Sports Leader Qualification<br><br>OR<br><br>Range of fitness and games activities | <u>Spring 1</u><br><br>Options:<br>'Junior Sports Leaders'<br>Level 1 Sports Leader Qualification<br><br>OR<br><br>Range of fitness and games activities | <u>Summer 1</u><br><br>Athletics                           |
|           | <u>Autumn 2</u><br><br>Options:<br>'Junior Sports Leaders'<br>Level 1 Sports Leader Qualification<br><br>OR<br><br>Range of fitness and games activities | <u>Spring 2</u><br><br>3 week rotation of:<br>Trampolining<br>Health and fitness/indoor games<br>Health and fitness / outdoor games                      | <u>Summer 2</u><br><br>Options:<br>Rounders/cricket/tennis |
| <b>11</b> | <u>Autumn 1</u><br><br>4 week rotation of:<br>Trampolining<br>Health and fitness/indoor games<br>Health and fitness / outdoor games                      | <u>Spring 1</u><br><br>Student choice of activity  | <u>Summer 1</u><br><br>Rounders                            |
|           | <u>Autumn 2</u><br><br>4 week rotation of:<br>Trampolining<br>Health and fitness/indoor games<br>Health and fitness / outdoor games                      | <u>Spring 2</u><br><br>Student choice of activity  |  |

\* Add Assessments