

Scheme of Learning – Long Term Planning

Subject: Physical Education

Key stage: 3

Year	Autumn Term*	Spring Term*	Summer Term*
7	<p><u>Autumn 1</u></p> <p>Fitness</p> <ul style="list-style-type: none"> • Fitness testing • Exercise to music • Cardiovascular endurance activities <p>Hockey</p> <ul style="list-style-type: none"> • Grip/holding the hockey stick • Passing • Receiving • Dribbling • Small sided games • Block tackle • Basic rules <p>Theory linked through practical: Identify the phases of a warm up and cool down.</p>	<p><u>Spring 1</u></p> <p>Dance</p> <ul style="list-style-type: none"> • Cheerleading themed • Canon/unison • Timing • Starting and finishing position <p>Rugby</p> <ul style="list-style-type: none"> • Touch rules • Passing • Basic ball handling / carrying skills • Small sided games <p>Football</p> <ul style="list-style-type: none"> • Dribbling • Passing • Small sided games • Basic turns <p>Theory linked through practical: Identify and locate major muscles</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Track • Field <p>Tennis</p> <ul style="list-style-type: none"> • Coordination • Control • Rally • Forehand • Backhand <p>Swimming</p> <ul style="list-style-type: none"> • All strokes • Floating • Diving <p>Striking and fielding – Rounders/Cricket</p> <ul style="list-style-type: none"> • Throwing • Catching • Batting • Bowling • Fielding – long barrier • Team work
	<p><u>Autumn 2</u></p> <p>Gymnastics</p> <ul style="list-style-type: none"> • Floor skills (rolling, locomotion, balances, cartwheels) • Skills on apparatus <p>Netball</p> <ul style="list-style-type: none"> • Passing • Footwork • Dodging • Basic defending • Small sided games • Positions <p>Theory linked through practical: Identify and locate major bones</p>	<p><u>Spring 2</u></p> <p>Basketball</p> <ul style="list-style-type: none"> • Passing • Dribbling • Shooting • Small sided games <p>Orienteering</p> <ul style="list-style-type: none"> • Basic map work • Team work • Improving fitness <p>Theory linked through practical: Identify the pathway of air</p>	<p>Theory linked through practical: The equations of anaerobic and aerobic exercise and understand the difference between the 2 using sporting examples. Theory linked through practical: Explain the components of a balanced diet and their role using food examples.</p>

8	<p><u>Autumn 1</u></p> <p>Dance</p> <ul style="list-style-type: none"> • Origins of Bhangra • Formations • Motif development • Levels • Performance skills <p>Netball</p> <ul style="list-style-type: none"> • Defending on and off the ball • Using the space (channelling) • Timing of the pass/movement • Full sided games • Shooting technique • Using the circle players <p>Theory linked through practical: Justify the purpose of warm ups and cool downs.</p>	<p><u>Spring 1</u></p> <p>Badminton</p> <ul style="list-style-type: none"> • Grip • Ready position • Serving • Rally • Shot selection <p>Orienteering</p> <ul style="list-style-type: none"> • Map work including compass • Team work / communication • Improving fitness <p>Theory linked through practical: Explain the 3 different somatotypes and link to specific sports people.</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Track • Field <p>Tennis</p> <ul style="list-style-type: none"> • Coordination • Control • Rally • Forehand • Backhand • Serving • Drop shot <p>Swimming</p> <ul style="list-style-type: none"> • All strokes • Floating • Sculling • Diving
	<p><u>Autumn 2</u></p> <p>Fitness</p> <ul style="list-style-type: none"> • Different training types • Cardiovascular endurance activities • Heart rate monitoring <p>Hockey</p> <ul style="list-style-type: none"> • Use of reverse stick • Passing on the move • Use of space on the pitch • Positions • Shooting • Jab tackle <p>Theory linked through practical: Describe the 5 functions of the skeletal system</p>	<p><u>Spring 2</u></p> <p>Gymnastics</p> <ul style="list-style-type: none"> • Vaulting skills • Linking skills into a routine <p>Rugby</p> <ul style="list-style-type: none"> • Offside rule • Passing • Moving forwards / scoring • Ball handling / carrying skills • Small sided games <p>Football</p> <ul style="list-style-type: none"> • Dribbling • Passing • Small sided games • Basic turns • Defence • Shooting <p>Volleyball</p> <ul style="list-style-type: none"> • Serving • Volley • Dig • Use of 3 touches • Basic rules • Serve rotation <p>Theory linked through practical: Identify the structure of the heart</p>	<p>Striking and fielding – Rounders/Cricket</p> <ul style="list-style-type: none"> • Throwing • Catching • Batting • Bowling • Fielding – long barrier • Team work/positional tactics • Scoring • Backstop role <p>Theory linked through practical: Describe what EPOC (oxygen debt) is. Explain how to recover from vigorous exercise and why it's important. Explain the reasons needed for a balanced diet and maintaining hydrated.</p>

9	<p><u>Autumn 1</u></p> <p><u>Fitness</u></p> <ul style="list-style-type: none"> • Different training types • Cardiovascular endurance activities • Heart rate monitoring <p><u>TGFU</u></p> <p>Through a range of sports pupils will look at tactical understanding and set plays. They will identify strengths and weaknesses in performance and create skills practices to improve their game play, with the aim of implementing them into the game.</p> <p>Theory linked through practical: Identify the different joints</p>	<p><u>Spring 1</u></p> <p>Gym/dance</p> <ul style="list-style-type: none"> • Relationships • Space • Use of stimulus • Use of apparatus <p>Basketball</p> <ul style="list-style-type: none"> • Use of court • Lay-ups • Space • Passing • Dribbling • Dummying <p>Theory linked through practical: Describe how antagonistic pairs of muscles create opposing movement at joints to allow physical activity</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Track • Field <p>Tennis</p> <ul style="list-style-type: none"> • Coordination • Control • Rally • Forehand • Backhand • Serving • Drop shot • Smash <p>Swimming</p> <ul style="list-style-type: none"> • All strokes • Floating • Sculling • Diving
	<p><u>Autumn 2</u></p> <p>Handball</p> <ul style="list-style-type: none"> • Passing • Dribbling • Footwork • Shooting • Defence / marking • Rules <p>Badminton</p> <ul style="list-style-type: none"> • Serving • Court movement • Rally • Shot selection • Doubles • Scoring • Officiating <p>Theory linked through practical: Explain what movement occurs at the joints.</p>	<p><u>Spring 2</u></p> <p>Volleyball</p> <ul style="list-style-type: none"> • Serving • Volley • Dig • Use of 3 touches • Rules • Serve rotation • Smash • Blocking <p>Lacrosse</p> <ul style="list-style-type: none"> • Throwing • Catching • Cradling • Scooping • Small sided games <p>Theory linked through practical: Explain the pathway of the blood.</p>	<p>Striking and fielding – Rounders/Cricket</p> <ul style="list-style-type: none"> • Throwing • Catching • Batting placement • Bowling • Fielding – long barrier • Backstop to 1st base • Team work • Scoring <p>Theory linked through practical: Explain how you can prevent injury - warm up, not over train, clothing and footwear, taping, hydration, stretching, correct techniques, rest etc. Explain the difference between short and long term effects of exercise on the body.</p>

