

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> Fitness</p> <ul style="list-style-type: none"> ● Circuit training ● Cone ranger ● Formula 1 ● Cardio cards ● Aerobics ● Interval training ● Fitness suite <p>Netball</p> <ul style="list-style-type: none"> ● Passing ● Footwork ● Dodging ● Defending ● Shooting ● Positioning ● Game play <p>Theory linked through practical: Identify the phases of a warm up and cool down.</p>	<p><u>Spring 1</u> Dance (cheerleading)</p> <ul style="list-style-type: none"> ● Counting and arm actions ● Formations and pathways ● Canon and unison ● Jumps ● Adding gymnastics ● Performance skills ● Routine performance <p>Football</p> <ul style="list-style-type: none"> ● Dribbling ● Passing ● Possession ● Shooting ● Tackling ● Mini games <p>Theory linked through practical: Identify and locate major muscles</p>	<p>Athletics</p> <ul style="list-style-type: none"> ● Track ● Field <p>Swimming</p> <ul style="list-style-type: none"> ● Water confidence ● Backcrawl ● Front crawl ● Breaststroke ● Butterfly ● Water competence ● Synchronised swimming ● Fun swim <p>Rounders</p> <ul style="list-style-type: none"> ● Ball familiarisation ● Fielding ● Bowling ● Batting ● Batting placement ● Fielders role ● Game play/tactics
	<p><u>Autumn 2</u> Gymnastics (floor work)</p> <ul style="list-style-type: none"> ● Jumps and rolls ● Balances ● Locomotion ● Large apparatus ● Sequence development ● Performance <p>Hockey</p> <ul style="list-style-type: none"> ● Grip/dribbling ● Passing and receiving ● Modified games ● Passing and shooting ● Block tackle ● Modified game-focusing on group weaknesses <p>Theory linked through practical: Identify and locate major bones</p>	<p><u>Spring 2</u> Basketball</p> <ul style="list-style-type: none"> ● Dribbling ● Passing and receiving ● Maintained possession ● Set shot ● Lay-up ● Game play <p>Orienteering</p> <ul style="list-style-type: none"> ● Orientation of a map ● Orientation of a school map ● Orientation of a school map ● Compass work ● Compass work around courts ● Compass work around school <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"> • Basic Bhangra moves • Motif • Develop motif (canon/unison) • Develop relationships • Develop formations • Develop use of levels • Performance skills <p>Netball</p> <ul style="list-style-type: none"> • Recap passing/footwork • Timing of pass • Possession play/dodging • Shooting • Interceptions • Positions • Match play <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 and rally • Serve backhand/forehand • Net shot • Overhead clear • Drop shot • Singles game play <p>Table Tennis</p> <ul style="list-style-type: none"> • Grip and rallies • Serving • Backhand push • Forehand push • Backhand drive • Forehand drive <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>Swimming</p> <ul style="list-style-type: none"> • Water confidence • Backcrawl • Front crawl • Breaststroke • Butterfly • Life saving • Fun swim <p>Rounders</p> <ul style="list-style-type: none"> • Ball familiarisation • Fielding • Bowling development • Batting and ball placement • fielders tactics • Role of backstop • Game play/ tactics
	<p><u>Autumn 2</u></p> <p>Fitness</p> <ul style="list-style-type: none"> • Boxercise • Circuit training • 5 Guys 'Shake it off' • HIIT • Just dance • Fitness suite/ dice fitness • Burning off your roast dinner <p>Hockey</p> <ul style="list-style-type: none"> • Recap dribbling and passing • Reverse stick V drag • Block and jab tackle • Shooting • Attacking short corners • Positioning formations • Game play <p>Theory linked through practical: Describe the 5 functions of the skeletal system</p>	<p><u>Spring 2</u></p> <p>Gymnastics (vaulting)</p> <ul style="list-style-type: none"> • Springboard/trampoline • Squat vaults • Straddle vaults • Handspring flat back • Rolls/long vaults • Handspring development • Performing routines <p>Tag- Rugby</p> <ul style="list-style-type: none"> • Passing backwards/ ball handling • Scoring a try/ running forward • Mini games • Offside rule • Kicking • Game play <p>Theory linked through practical: Identify the structure of the heart</p>	<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>Fitness</p> <ul style="list-style-type: none"> ● Boxercise ● Tower climb circuits ● Clubbercise ● Yoga ● Domino's pizza fitness ● RHR, WHR and recovery ● Fitness tests <p>Netball</p> <ul style="list-style-type: none"> ● Match play ● Umpiring basics ● Channelling ● Attack and set plays ● Defensive set play ● Match play ● Tournament <p>Theory linked through practical: Identify the different joints</p>	<p><u>Spring 1</u></p> <p>Table Tennis</p> <ul style="list-style-type: none"> ● Recap serve ● Forehand/backhand push ● Forehand/backhand drive ● Spinning the ball ● Doubles play ● Scoring/game play <p>Basketball</p> <ul style="list-style-type: none"> ● Recap dribbling and passing ● Lay up ● Triple threat/ faking ● Defence (man-to-man) ● Full court games ● Tournament <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>Swimming</p> <ul style="list-style-type: none"> ● Recap strokes ● Water polo ● Water volleyball ● Water aerobics ● Synchronised swimming ● Fun swim <p>Rounders</p> <ul style="list-style-type: none"> ● Ball familiarisation ● Fielding ● Bowling development ● Batting development ● Fielders tactics ● Decision making ● Game play/tactics
	<p><u>Autumn 2</u></p> <p>Gymnastics (Acro)</p> <ul style="list-style-type: none"> ● Individual balances ● Pair balances ● Trio balances ● Group balances ● Developing routine ● Performance of routines <p>Badminton</p> <ul style="list-style-type: none"> ● Recap grip and serve ● Recap net, overhead clear and drop shot ● Lift shot ● Smash ● Shot selection/ combinations ● Doubles play <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"> ● Volley ● Dig ● Serve ● Serve rotation ● 4 v 4 games ● Game play/ tactics <p>Handball</p> <ul style="list-style-type: none"> ● Dribbling and passing ● Dribbling with 3 step rule ● Maintaining possession ● Shooting ● Defending ● Game play/ tactics <p>Theory linked through practical: Explain the pathway of the blood.</p>	<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.</p> <p>Explain the difference between short and long term effects of exercise on the body.</p>