

KS3 Long Term Plan 2020-2021

Subject: PE



Curriculum Statement of Intent

We offer to provide a curriculum to pupils, which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. It offers pupils the opportunity to compete in sport and other activities which build character and help to embed values such as fairness and respect.

We aim to ensure all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Curriculum Statement of Implementation

How we look to provide opportunities for pupils to achieve these credentials by teaching pupils to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

Term	Topics Covered (Date completed by and number of lessons)	Skills/AOs/interleaved content	Assessment (date and nature of assessment)
Yr 7 Autumn 1	Athletics	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
Yr 7 Autumn 2	Football	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p>
Yr 7 Spring 1	Handball	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept</p>

			by the PE dept. Every student will know their MSF score.
Yr 7 Spring 2	Basketball	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge</p>
Yr 7 Summer 1	Athletics	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
Yr 7 Summer 2	Cricket/rounders	<p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p>
Yr 8 Autumn 1	Athletics – 7 weeks – Track and field events to be completed	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p>
Yr 8 Autumn 2	Football	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p>

		through team and individual games	
Yr 8 Spring 1	Handball	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
Yr 8 Spring 2	Hockey	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge</p>
Yr 8 Summer 1	Athletics	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic.</p> <p>Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>

<p>Yr 9 Autumn 1</p>	<p>Athletics</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 9 Autumn 2</p>	<p>Football</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p>
<p>Yr 9 Spring 1</p>	<p>Gaelic football</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 9 Spring 2</p>	<p>Netball</p>	<p>Outwitting opponents – games activities; overcoming opponents in</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis</p>

		<p>competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge</p>
<p>Yr 9 Summer 1</p>	<p>Athletics</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 9 Summer 2</p>	<p>Cricket/rounders</p>	<p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>