



KS5 PE - Long term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Netball	Hockey	Personal Fitness	Football	Tag Rugby	Cricket
Key Focus	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p>Skills Footwork:</p> <ul style="list-style-type: none"> Stopping/Landing Pivoting Dodging <p>Catching and Passing:</p> <ul style="list-style-type: none"> Chest Shoulder Overhead Bounce <p>Shooting and rebounding</p> <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills (e.g. when/where to shoot/pass) Applying tactics (attack and defense) Awareness of rules and conventions Understanding of roles and positions Teamwork and communication 	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p>Skills Outfield players</p> <p>Ball control Passing:</p> <ul style="list-style-type: none"> Push Slap hit <p>Dribbling Shooting Tackling</p> <p>Goalkeeper</p> <p>Passing Dribbling Shot stopping</p> <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills (e.g. when/where to run/shoot/pass) Applying tactics (attack and defense) Awareness of rules and conventions Understanding of roles and positions Teamwork and communication 	<p>Learners will be shown how to complete and create their own circuit training sessions and assessed by the following:</p> <p>At Level 3: The ability to independently plan and adapt your training programme. At Level 2: The ability to plan and adapt your training programme with some assistance. At Level 1: The ability to plan and adapt your training programme with significant assistance.</p> <p>Skills Identifying focus of training Design the training programme Preparation for training:</p> <ul style="list-style-type: none"> Health and safety Warm up Equipment checks <p>Evaluating and modifying of the training programme:</p> <ul style="list-style-type: none"> Progression Suitability <p>Quality of execution:</p> <ul style="list-style-type: none"> Range of exercises Technique <p>Decision making and rules:</p> <ul style="list-style-type: none"> Selection and use of skills (e.g. appropriate exercises to meet their goals) 	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p>Skills Outfield players</p> <p>Shooting Ball control Dribbling Passing Heading Tackling</p> <p>Goalkeeper</p> <p>Ball control</p> <p>Passing (including kicking from hands where applicable)</p> <p>Throwing</p> <p>Shot stopping</p> <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills (e.g. when/where to run/shoot/pass) Applying tactics (attack and defense) Awareness of rules and conventions 	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p>Skills Picking up the ball:</p> <ul style="list-style-type: none"> Stationary Moving <p>Running with the ball Passing Receiving Tackling/Tagging Try scoring</p> <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills (e.g. when/where to run/pass) Applying tactics (attack and defense) Awareness of rules and conventions Understanding of roles and positions Teamwork and communication 	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p>Skills Batting:</p> <ul style="list-style-type: none"> Front foot attacking and defensive shots Back foot attacking and defensive shots Running between the wickets <p>Bowling:</p> <ul style="list-style-type: none"> Fast, medium or spin Line and length of bowl <p>Fielding:</p> <ul style="list-style-type: none"> Stopping the ball Catching Throwing – underarm and overarm <p>Wicket Keeping:</p> <ul style="list-style-type: none"> Positioning in relation to pitch and type of bowler Catches Stumping



			<ul style="list-style-type: none">• Applying tactics (e.g. when/how to adapt or progress with training)• Awareness of rules and conventions	<ul style="list-style-type: none">• Understanding of roles and positions• Teamwork and communication		<p><u>Decision making and rules</u></p> <ul style="list-style-type: none">• Selection and use of skills (e.g. which shot/delivery to use; when to run between the wickets)• Applying tactics (batting and bowling/fielding)• Awareness of rules and conventions• Understanding of roles and positions• Teamwork and communication
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