



KS4 PE - Long term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Group 1</b>	<p><b>Watersports</b> Students have the opportunity to take part in weekly water sport lessons, these include kayaking and paddleboarding, as well as learning key water safety skills</p>	<p><b>Hockey</b> Students will begin to explore the range of skills required to play hockey. Specific lessons will focus upon; dribbling, passing and shooting.</p> <p>As the lessons progress, pupils will begin to learn the rules of the game, and the role each player has in attacking and defending, whilst playing conditioned games throughout the term, building up to full games in teams.</p> <p>Students will be challenged to explain how tactics will play a part in their successes during game time.</p>	<p><b>DLC - Racket Sports</b> Students will be using the facilities at Dunstable leisure centre to play a range of racket sports, these include; Table tennis, Squash and badminton.</p>	<p><b>DLC - Gym</b> Students will be using the facilities at Dunstable Leisure Centre, this will involve them using the gym, acquiring important skills about their personal health that they will take into their adult lives.</p>	<p><b>Basketball</b> Lessons will focus upon pupils gaining the individual skills necessary to play basketball, these include movement and footwork, passing and catching, dribbling and shooting.</p> <p>Small sided conditioned games will underpin the lessons and culminate in full game play with the rules of basketball in place.</p>	<p><b>Cricket</b> Two groups will combine to learn a range of cricket skills in their lessons, these include:</p> <p>Batting Bowling Throwing Catching Running between wickets.</p> <p>Lessons will include Kwik cricket games to keep pupils engaged and deliver them an introduction into cricket, without the need to overload on the rules associated with the full game</p>
<b>Group 2</b>	<p><b>3 sport rotation</b> Students will be taking part and getting a taste of 3 sports, these are ultimate frisbee, Netball and Boccia. The sessions will be aimed to keep the pupils active and hold their attention as they play all 3 sessions in a lesson.</p>	<p><b>Rock Climbing</b> Students have the opportunity to take part in weekly rock climbing lessons outside of school. These sessions will give pupils the opportunity to try and develop exciting new skills.</p>	<p><b>Hockey</b> Students will begin to explore the range of skills required to play hockey. Specific lessons will focus upon; dribbling, passing and shooting.</p> <p>As the lessons progress, pupils will begin to learn the rules of the game, and the role each player has in attacking and defending, whilst playing conditioned games throughout the term, building up to full games in teams.</p>	<p><b>DLC - Racket sports</b> Students will be using the facilities at Dunstable leisure centre to play a range of racket sports, these include; Table tennis, Squash and badminton</p>	<p><b>DLC - Gym</b> Students will be using the facilities at Dunstable Leisure Centre, this will involve them using the gym, acquiring important skills about their personal health that they will take into their adult lives.</p>	<p><b>Cricket</b> Two groups will combine to learn a range of cricket skills in their lessons, these include:</p> <p>Batting Bowling Throwing Catching Running between wickets.</p> <p>Lessons will include Kwik cricket games to keep pupils engaged and deliver them an introduction into cricket, without the need to overload on the rules</p>



			Students will be challenged to explain how tactics will play a part in their successes during game time.			associated with the full game
<b>Group 3</b>	<p><b>3 sport rotation</b> Students will be taking part and getting a taste of 3 sports, these are ultimate frisbee, Netball and Boccia. The sessions will be aimed to keep the pupils active and hold their attention as they play all 3 sessions in a lesson.</p>	<p><b>DLC - Gym</b> Students will be using the facilities at Dunstable Leisure Centre, this will involve them using the gym, acquiring important skills about their personal health that they will take into their adult lives.</p>	<p><b>Rock Climbing</b> Students have the opportunity to take part in weekly rock climbing lessons outside of school. These sessions will give pupils the opportunity to try and develop exciting new skills.</p>	<p><b>Hockey</b> Students will begin to explore the range of skills required to play hockey. Specific lessons will focus upon; dribbling, passing and shooting.</p> <p>As the lessons progress, pupils will begin to learn the rules of the game, and the role each player has in attacking and defending, whilst playing conditioned games throughout the term, building up to full games in teams.</p> <p>Students will be challenged to explain how tactics will play a part in their successes during game time</p>	<p><b>DLC - Racket Sports</b> Students will be using the facilities at Dunstable leisure centre to play a range of racket sports, these include; Table tennis, Squash and badminton</p>	<p><b>Rounders</b> Two groups will combine to learn a range of rounders skills in their lessons, these include:</p> <p>Batting Bowling Throwing Catching</p> <p>Lessons will include conditioned games to keep pupils engaged and deliver them an introduction rounders, without the need to overload on the rules associated with the full game. Pupils will also use larger balls and bats to help them achieve during the lessons</p>
<b>Group 4</b>	<p><b>3 sport rotation</b> Students will be taking part and getting a taste of 3 sports, these are ultimate frisbee, Netball and Boccia. The sessions will be aimed to keep the pupils active and hold their attention as they play all 3 sessions in a lesson.</p>	<p><b>DLC - Racket Sports</b> Students will be using the facilities at Dunstable leisure centre to play a range of racket sports, these include; Table tennis, Squash and badminton</p>	<p><b>DLC - Gym</b> Students will be using the facilities at Dunstable Leisure Centre, this will involve them using the gym, acquiring important skills about their personal health that they will take into their adult lives.</p>	<p><b>Watersports</b> Students have the opportunity to take part in weekly water sport lessons, these include kayaking and paddleboarding, as well as learning key water safety skills</p>	<p><b>New age Kurling</b> Students will experience this adaptive sport that will meet their needs. They will gain an understanding of the rules and gameplay which will develop their hand eye coordination.</p>	<p><b>Rounders</b> Two groups will combine to learn a range of rounders skills in their lessons, these include:</p> <ul style="list-style-type: none"> <li>● Batting</li> <li>● Bowling</li> <li>● Throwing</li> <li>● Catching</li> </ul> <p>Lessons will include conditioned games to keep pupils engaged and deliver them an introduction rounders, without the need to overload on the rules associated with the full game. Pupils will also use larger balls and bats to help them achieve during the lessons</p>