

## PE Long Term Plan

PE is offered as an optional subject for students during KS5. If they choose PE, they have a minimum of 2 hours per week to continue their physical education. During these lessons, pupils will cover a range of sports/disciplines during their time in KS5, including; Football, Hockey, Personal fitness, Cricket, Netball, Basketball, boccia, table tennis. Students will be encouraged to take a highly active role in the running of the lessons, which include taking warm-ups, cool downs and leading their peers in practising skills. Evaluating their own and others performance plays a key part in the OCR Entry level qualification the students will be studying for. Not only is it important for the students to understand what it takes to perform well in sport and keep healthy, but they will also learn how others do the same.

KS5	HRF	Hockey	Netball	Cricket	Football
<b>Curriculum Overview</b>	<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><b>Skills</b> <b>Identifying focus of training, design the training programme and preparation for training:</b> Health and safety, warm up and equipment checks</p> <p><b>Evaluating and modifying of the training programme:</b> Progression and suitability</p> <p><b>Quality of execution:</b> Range of exercises and technique</p> <p><b>Decision making and rules:</b></p> <ul style="list-style-type: none"> <li>● Selection and use of skills</li> <li>● Applying tactics</li> <li>● Awareness of rules and conventions</li> </ul>	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p><b>Skills</b> <b>Outfield players</b> Ball control, passing (push and slap hit), dribbling, shooting and tackling</p> <p><b>Goalkeeper</b> Passing, dribbling and shot stopping</p> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>● Selection and use of skills (e.g. when/where to run/shoot/pass)</li> <li>● Applying tactics (attack and defence)</li> <li>● Awareness of rules and conventions</li> <li>● Understanding of roles and positions</li> <li>● Teamwork and communication</li> </ul>	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p><b>Skills</b> <b>Footwork</b> Stopping/Landing, pivoting and dodging</p> <p><b>Catching and Passing</b> Chest, shoulder, overhead and bounce</p> <p><b>Shooting and rebounding</b></p> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>● Selection and use of skills (e.g. when/where to shoot/pass)</li> <li>● Applying tactics (attack and defence)</li> <li>● Awareness of rules and conventions</li> <li>● Understanding of roles and positions</li> <li>● Teamwork and communication</li> </ul>	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p><b>Skills</b> Batting - front foot attacking and defensive shots, back foot attacking and defensive shots and running between the wickets. Bowling - fast, medium or spin and line and length of bowl Fielding - stopping the ball, catching and throwing. Wicket Keeping - positioning and catches.</p> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>● Selection and use of skills</li> <li>● Applying tactics</li> <li>● Awareness of rules and conventions</li> <li>● Understanding of roles and positions</li> <li>● Teamwork and communication</li> </ul>	<p>Lessons will be structured for pupils to be finally assessed at Entry level 1-3 on the following:</p> <p><b>Skills</b> <b>Outfield players</b> Shooting, ball control, dribbling, passing, heading and tackling.</p> <p><b>Goalkeeper</b> Ball control, passing (including from hands), throwing and shot stopping</p> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>● Selection and use of skills (e.g. when/where to run/shoot/pass)</li> <li>● Applying tactics (attack and defence)</li> <li>● Awareness of rules and conventions</li> <li>● Understanding of roles and positions</li> <li>● Teamwork and communication</li> </ul>