

PE Long Term Plan 2024-2025

KS3/KS4

Aim – The National Curriculum for **physical** education aims to ensure that 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.

Term 1		Term 2		Term 3	
Learning Cycle 1	Learning Cycle 2	Learning Cycle 3	Learning Cycle 4	Learning Cycle 5	Learning Cycle 6
<p>Intent Boxing (Westway Gym – Outside agency)</p> <p>The objective of a boxing lesson in Physical Education (PE) is multifaceted, focusing on developing various physical, mental, and social skills among students. Here are the key objectives</p> <p>Build Discipline and Focus Improve Cardiovascular Fitness Understand the Importance of Safety</p> <p>Implementation These sessions will be with a former professional boxer at Westway gym in Eastfield where he will take group sessions.</p> <p>Impact Pupils will learn to promote fitness, encourage discipline, and self-defence skills in a safe environment.</p>	<p>Intent Football – to Introduce students to the basic skills, rules, and strategies of football. Improve students' physical fitness, coordination, and teamwork.</p> <p>The objective of a football lesson in Physical Education (PE) encompasses a broad range of physical, mental, social, and educational goals. Here are the primary objectives:</p> <p>Implementation Sessions will be weekly teaching the basics of dribbling: keeping the ball close, using the inside and outside of both feet.</p> <p>Demonstrate proper passing techniques: inside of the foot, accuracy, and power control.</p> <p>Explanations of shooting techniques: using the laces, accuracy, and aiming for corners.</p> <p>Teaching basic defensive techniques: positioning, tackling, and intercepting.</p> <p>These sessions will take place at Raincliffe Sports centre led by PE leads Mr Moore & Mr</p>	<p>Intent Volleyball to Introduce students to the basic skills, rules, and strategies of Volleyball. Also, to improve students' physical fitness, coordination, and teamwork.</p> <p>Implementation These group sessions will take place at Raincliffe Sports centre led by PE leads Mr Moore & Mr Brannan.</p> <p>WK1: Introduction to Volleyball Explain the history, rules, and objectives of the game. Demonstrate basic volleyball skills. Activity: Simple ball handling exercises.</p> <p>WK2: Serving Teach and practice underhand and overhand serves. Activity: Serve practice drills with targets.</p> <p>WK3: Passing Teach forearm pass (bump) and overhead pass (set). Activity: Partner passing drills.</p> <p>Wk4: Advanced Skills and Team Play</p>	<p>Intent Rugby to Introduce students to the basic skills, rules, and strategies of Rugby. Also, to improve students' physical fitness, coordination, and teamwork.</p> <p>Implementation These group sessions will take place at Raincliffe Sports centre led by PE leads Mr Moore & Mr Brannan.</p> <p>Introduction to Tag Rugby</p> <p>Objective: Understand the basic rules, objectives, and safety guidelines of tag rugby.</p> <p>Basic Skills and Techniques</p> <p>Objective: Learn and practice fundamental tag rugby skills.</p> <p>Skills:</p> <p>Passing: Accurate and effective passing techniques. Running with the Ball: Evasion and speed.</p> <p>Tagging: Proper technique for tagging opponents.</p>	<p>Intent Cricket to Introduce students to the basic skills, rules, and strategies of Cricket. Also, to improve students' physical fitness, coordination, and teamwork.</p> <p>Implementation These group sessions will take place at Raincliffe Sports centre led by PE leads Mr Moore & Mr Brannan. We will look towards planning sessions at local cricket clubs later in the cycle to develop further understanding of the game and try to progress from soft ball to hard ball.</p> <p>Skills Development Batting: Grip and stance. Basic shots: forward defence, drive, pull shot.</p> <p>Drills: hitting a stationary ball, hitting a ball off a tee, underarm throw downs.</p> <p>Bowling: Grip and run-up. Basic bowling action: overarm. Drills: bowling at targets, focusing on line and length.</p> <p>Fielding:</p>	<p>Intent Tennis to Introduce students to the basic skills, rules, and strategies of Tennis. Also, to improve students' physical fitness, coordination, and teamwork.</p> <p>Implementation These group sessions will take place at Raincliffe Sports centre led by PE leads Mr Moore & Mr Brannan.</p> <p>Impact Pupils will learn the rules of tennis alongside the strategies needed to enjoy the game fully</p>

	<p>Brannan. For some weeks we will try invite outside agencies such as local coaches to lead some sessions for variety.</p> <p>Impact In summary, a football lesson in PE aims to develop students' physical fitness, mental acuity, social skills, and knowledge of the game. It also emphasizes the importance of safety, teamwork, and sportsmanship, encouraging students to adopt healthy, active lifestyles.</p>	<p>Wk5: Skill Assessment and Feedback</p> <p>Wk6: Final Game Play</p> <p>Full game to assess overall skill and understanding. Activity: Tournament-style games with emphasis on fun and sportsmanship.</p> <p>Impact Educational Objectives: Teach Fundamental Volleyball Skills:</p> <p>Students learn the basic skills of serving, passing, setting, spiking, and blocking.</p> <p>Understand Rules and Regulations:</p> <p>Knowledge of the game's rules and how they are applied promotes a better understanding of the sport.</p> <p>Promote Lifelong Fitness Habits:</p> <p>Encouraging students to engage in sports fosters lifelong habits of physical activity and fitness.</p>	<p>Dodging: Techniques to avoid being tagged. Activity: Drill stations where students rotate through each skill.</p> <p>Skill Assessment Observational assessment during drills. Activity: Skill stations with teacher feedback.</p> <p>Peer Feedback Students provide feedback to each other.</p> <p>Activity: Peer review during practice games.</p> <p>Final Game Play Full game to assess overall skill and understanding. Activity: Tournament-style games with emphasis on fun and sportsmanship.</p> <p>Impact By following this structured approach, you can effectively teach tag rugby in PE, helping students to develop not only their rugby skills but also their teamwork, agility, and overall physical fitness.</p>	<p>Catching techniques: high catches, low catches. Throwing techniques: underarm, overarm.</p> <p>Drills: relay throws, catching practice.</p> <p>Game Understanding</p> <p>Objective: Teach the rules and strategies of cricket.</p> <p>Activities: Explain scoring, dismissals, and field placements. Small-sided games or scenarios to illustrate different aspects of the game.</p> <p>Activities: Kwik cricket: a simplified version of cricket with plastic bats and balls. Pairs cricket: students play in pairs, ensuring everyone gets a turn to bat and bowl. Continuous cricket: a fast-paced game where the emphasis is on quick scoring and active participation</p> <p>Impact A cricket PE lesson can have a wide range of positive impacts on students, encompassing physical, cognitive, social, and emotional development. Here are some of the key benefits: Improved Fitness, Motor Skills: Develops fine and gross motor skills through various cricket activities. Cognitive Impact Strategic Thinking: Tactics and Strategies: Understanding and applying cricket strategies enhances cognitive abilities and strategic thinking</p>	
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