



**PE Curriculum Long Term Planning**

Y7 KS3		HT1	HT2	HT3	HT4	HT5	HT6
PE	<b>Big Idea</b>	<p>What are the 3 stages of a warm up?</p> <p>Develop competence to excel in a broad range of sports: Netball Rugby Football Hockey</p> <p>Be physically active for a sustained period of: Cross Country week</p> <p>Engage in competitive sports and activities: Inter-form Dance</p>	<p>What muscles are used in sporting actions?</p> <p>Develop competence to excel in a broad range of sports: Rugby Badminton Gym Netball Hockey</p>	<p>What is the function of the skeletal system?</p> <p>Develop competence to excel in a broad range of sports: Rugby Badminton Gym Basketball Hockey OAA Football</p>	<p>What types of injuries can be sustained in sport?</p> <p>Develop competence to excel in a broad range of sports: Football Fitness OAA Gym Basketball Badminton</p>	<p>How do athletes prevent injuries?</p> <p>Develop competence to excel in a broad range of sports: Athletics Rounders Cricket Softball Tennis</p>	<p>What activities can I take part in in Sports Day?</p> <p>Develop competence to excel in a broad range of sports: Athletics Rounders Cricket Softball Tennis</p>
	<b>Assessment</b>	<p>Baseline testing Cross country (1-5) End Ball (1-5)</p>	<p>Practical assessment Assessment booklets WWW/EBI <b>BIG Idea Homework SMH</b></p>	<p>Practical assessment Assessment booklets WWW/EBI</p>	<p>Practical assessment Assessment booklets WWW/EBI <b>BIG Idea Homework SMH</b></p>	<p>Practical assessment Assessment booklets WWW/EBI</p>	<p>Practical assessment Assessment booklets WWW/EBI</p>
	<b>Wider Curriculum Links</b>	<p>Engage in competitive sports and activities: <b>Sports trials:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Cross Country Netball</p> <p><b>Competitive Clubs and fixtures:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate)</p>	<p>Engage in competitive sports and activities: <b>Competitive Clubs and fixtures:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Netball Hockey</p> <p><b>Healthy, active lifestyle Clubs:</b> Dodgeball Badminton</p>	<p>Engage in competitive sports and activities: <b>Competitive Clubs and fixtures:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Netball Hockey Basketball</p> <p><b>Healthy, active lifestyle Clubs:</b> Dodgeball</p>	<p>Engage in competitive sports and activities: <b>Competitive Clubs and fixtures:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Netball Hockey Basketball SPH Athletics</p> <p><b>Healthy, active lifestyle Clubs:</b></p>	<p>Engage in competitive sports and activities: <b>Sports trials:</b> Athletics Cricket Rounders</p> <p><b>Competitive clubs and fixtures:</b> Athletics Cricket Rounders Cheerleading Girls Football Rugby L (Boys and Girls)</p>	<p>Engage in competitive sports and activities: <b>Competitive clubs and fixtures:</b> Athletics Cricket Rounders Cheerleading Girls Football Rugby League (Boys and Girls)</p> <p><b>Healthy, active lifestyle Clubs:</b> Dodgeball</p>



	<p>Cheerleading Cross Country Netball</p> <p><b>Healthy, active lifestyle Clubs:</b> Dodgeball Badminton Table Tennis</p> <p><b>Trips:</b> Ice skating trip (Dec) Women's Football Trip (Oct)</p> <p><b>Opportunity for ALL to take part in competitive sport:</b> Performing Arts Morning (Dance) Inter-form Games (Netball &amp; Football)</p> <p>SMSC &amp; FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy &amp; Formality scale</p> <p>Northern Ballet working with Y7</p>	<p>Table Tennis</p> <p>SMSC &amp; FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy &amp; Formality scale</p> <p>Northern Ballet working with Y7</p>	<p>Badminton Table Tennis</p> <p>SMSC &amp; FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy &amp; Formality scale</p> <p>Northern Ballet working with Y7</p>	<p>Dodgeball Badminton Table Tennis</p> <p><b>Trips:</b> Ski Trip (Easter Holiday)</p> <p>SMSC &amp; FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy &amp; Formality scale</p> <p>Northern Ballet working with Y7</p>	<p><b>Healthy, active lifestyle Clubs:</b> Dodgeball Badminton Table Tennis Tennis Athletics</p> <p><b>Opportunity for ALL to take part in competitive sport:</b> Intra-class competition</p> <p>SMSC &amp; FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy &amp; Formality scale</p> <p>Northern Ballet working with Y7</p>	<p>Badminton Table Tennis Tennis Athletics</p> <p><b>Opportunity for ALL to take part in competitive sport:</b> Sports Day</p> <p>SMSC &amp; FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy &amp; Formality scale</p> <p>Northern Ballet working with Y7</p>
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Y8 KS3		HT 1	HT2	HT3	HT4	HT5	HT6
PE	<b>Big Idea</b>	<p>What are the components of fitness and how do they benefit selected sports performers?</p> <p>Develop competence to excel in a broad range of sports</p> <p><b>Be physically active for a sustained period of time:</b></p> <p>Cross Country week Netball Rugby Football Hockey Badminton Boccia</p>	<p>What are the components of fitness and how do they benefit selected sports performers?</p> <p>Develop competence to excel in a broad range of sports</p> <p>Rugby Badminton Gym Dance Hockey Football Basketball</p>	<p>What fitness tests can be used to measure an athlete's fitness?</p> <p>Develop competence to excel in a broad range of sports</p> <p>Badminton Dance Hockey Handball OAA Fitness</p>	<p>How do athletes improve their fitness using methods of training?</p> <p>Develop competence to excel in a broad range of sports</p> <p>Badminton Hockey Handball OAA Fitness Gym Netball</p>	<p>What are the skills and attributes of a sports leader?</p> <p>Develop competence to excel in a broad range of sports</p> <p>Athletics Rounders Cricket Softball Tennis</p>	<p>What activities can I take part in in Sports Day?</p> <p>Develop competence to excel in a broad range of sports</p> <p>Athletics Rounders Cricket Softball Tennis</p>
	<b>Assessment</b>	<p>Practical assessment Assessment booklets WWW/EBI</p>	<p>Practical assessment Assessment booklets WWW/EBI <b>BIG Idea Homework SMH</b></p>	<p>Practical assessment Assessment booklets WWW/EBI January Theory Exam</p>	<p>Practical assessment Assessment booklets WWW/EBI</p>	<p>Practical assessment Assessment booklets WWW/EBI <b>BIG Idea Homework SMH</b></p>	<p>Practical assessment Assessment booklets WWW/EBI</p>
	<b>Wider Curriculum Links</b>	<p><b>Sports trials:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Cross Country Netball Clubs: Dodgeball Badminton Table Tennis</p> <p><b>Opportunity for ALL to take part in competitive sport:</b> Inter-form Games</p>	<p><b>Competitive Clubs and fixtures:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Netball Hockey</p> <p><b>Healthy, active lifestyle clubs:</b> Dodgeball Badminton Table Tennis</p>	<p><b>Competitive Clubs and fixtures:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Netball Hockey Basketball</p> <p><b>Healthy, active lifestyle clubs:</b> Dodgeball Badminton Table Tennis</p>	<p><b>Competitive Clubs and fixtures:</b> Football (Girls &amp; Boys) Rugby L (Girls &amp; Boys Cup &amp; Plate) Cheerleading Netball Hockey Basketball SPH Athletics</p> <p><b>Healthy, active lifestyle clubs:</b> Dodgeball Badminton Table Tennis</p>	<p><b>Sports Trials:</b> Athletics Cricket Rounders</p> <p><b>Competitive clubs and fixtures:</b> Athletics Cricket Rounders Rugby L (Boys and Girls)</p> <p><b>Healthy, active lifestyle clubs:</b> Dodgeball Badminton</p>	<p><b>Competitive clubs and fixtures:</b> Athletics Cricket Rounders Rugby League (Boys and Girls)</p> <p><b>Healthy, active lifestyle clubs:</b> Dodgeball Badminton Table Tennis Tennis Athletics</p> <p><b>Opportunity for ALL to</b></p>



		(Netball & Football) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	<b>Trips:</b>  Ski Trip (Easter Holiday) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Table Tennis Tennis Athletics <b>Opportunity for ALL to take part in competitive sport:</b> Intra-class competition  SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	<b>take part in competitive sport:</b> Sports Day  SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale
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