

The Priory School Long Term Plan: Physical Education

Curriculum Intent: The over-riding aim is to prepare pupils for the experiences and challenges of life after school as they move into further education and the world of work.

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<b>Team Building Games</b>	<b>Fundamental Movements (Gross Motor Control)</b>	<b>Fitness Studies</b>	<b>Outdoor Sports (Team Focus)</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
<b>Physical Education – Year 7</b>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• That each participant has different skills, strengths and feelings towards Physical Education but each has a part to play in team games.</li> <li>• To begin to develop understanding of class needs.</li> <li>• The rules for basic team building games.</li> <li>• What makes a good team player.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Work with their peers as part of a team.</li> <li>• Communicate with team mates.</li> <li>• With support, observe the conventions of fair play</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• The differences between gross movements.</li> <li>• That different fundamental movements are used with different equipment</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Catch</li> <li>• Throw</li> <li>• Kick</li> <li>• Jump</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• The meaning of pace and tempo.</li> <li>• To experience and develop understanding and knowledge of fitness sessions within a school environment i.e. cooper run.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Show discipline and focus</li> <li>• Pace themselves within different fitness activities</li> <li>• Show different tempo</li> <li>• Transfer known fundamental movements into activities.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• Simple rules and equipment needed for a variety of outdoor games.</li> <li>• To experience and develop understanding and knowledge of a variety of outdoor team games</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Transfer known fundamental movements into activities including running, kicking and throwing.</li> <li>• Work with their peers as part of a team.</li> <li>• Communicate with team mates.</li> <li>•</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• The meaning of and difference between terms striking and fielding.</li> <li>• To experience and develop understanding and knowledge of team games involving different roles</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Appropriately take turns showing sportsmanship.</li> <li>• Transfer known fundamental movements into activities including throwing and catching.</li> <li>• With support, observe the conventions of fair play</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• Types of sporting activities included in athletics.</li> <li>• Simple rules and equipment needed for a variety of athletic sports.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• To isolate movements to allow peak performance</li> <li>• Transfer known fundamental movements into activities including throwing and running.</li> <li>• Use hurdles safely.</li> </ul>

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<b>Team Building Games</b>	<b>Fundamental Movements (Refining Actions)</b>	<b>Fitness Studies</b>	<b>Attacking Strategies</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• That each participant has different skills, strengths and feelings towards Physical Education but each has a part to play in team games.</li> <li>• To develop understanding of class needs.</li> <li>• The rules for a variety of team building games.</li> <li>• What makes a good team player.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Work with their peers as part of a team.</li> <li>• Communicate with team mates.</li> <li>• Observe the conventions of fair play</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• Students, by the end of this term, should have a deeper understanding on how to manipulate certain equipment i.e. throwing underarm and catching a football with two hands.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Refine actions within fundamentals including catching, throwing, kicking and jumping.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• To further experience and develop understanding and knowledge of fitness sessions within a school environment</li> <li>• Students by the end of this term should know and be able to explain how their body feels during and after exercising, using some correct terminology.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Participate in a range of fitness sessions</li> <li>• Show discipline and focus</li> <li>• Pace themselves within different fitness activities</li> <li>• Show different tempo</li> <li>• Transfer known fundamental movements into activities.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• The definition of the term attacking and will develop an understanding of attacking strategies.</li> <li>• The definition of tactics and should have a basic understanding that tactics are used to attack.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Refine actions within fundamentals including catching, throwing, kicking, jumping and balance.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• To further experience and develop understanding and knowledge of team games involving different roles</li> <li>• Students by the end of this term should be able to recall the rules and positions in a variety of striking and fielding games</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Appropriately take turns showing sportsmanship.</li> <li>• Transfer known fundamental movements into activities including throwing and catching.</li> <li>• Observe the conventions of fair play</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• Types of sporting activities included in athletics.</li> <li>• A wider set of rules and equipment needed for a variety of athletic sports.</li> <li>• Students by the end of this term should have a greater consciousness of the finer movements within Athletics.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• To isolate movements to allow peak performance</li> <li>• Transfer known fundamental movements into activities including throwing and running.</li> <li>• Use hurdles safely and with growing confidence.</li> </ul>

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<b>Team Building Games</b>	<b>Fundamental Movements (Fine Motor Control)</b>	<b>Fitness Studies</b>	<b>Defending Strategies</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• That each participant has different skills, strengths and feelings towards Physical Education but each has a part to play in team games.</li> <li>• To develop understanding of class needs.</li> <li>• The rules for a variety of team building games.</li> <li>• What makes a good team player.</li> <li>• The strategies needed to overcome a team goal.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Work with their peers as part of a team.</li> <li>• Communicate with team mates.</li> <li>• Observe the conventions of fair play</li> <li>• Develop strategies to overcome a team goal</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• Students, by the end of this term, should have a deeper understanding on how to manipulate certain equipment</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Further refine actions within fundamentals including catching, throwing, kicking and jumping i.e. Throwing a ball of different sizes underarm</li> <li>• Demonstrate established fundamental movements within the correct context. i.e. catching a larger foam ball with two hands rather than one.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• To further experience and develop understanding and knowledge of more advanced fitness sessions within a school environment</li> <li>• Students by the end of this term should be able to recall how their body feels during and after exercising, along with a basic understanding of why this type of exercising is important for specific sporting activities.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Participate in a range of fitness sessions</li> <li>• Show discipline and focus</li> <li>• Pace themselves within different fitness activities</li> <li>• Show different tempo</li> <li>• Transfer known fundamental movements into activities.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• The definition of the term defending and will develop an understanding of defending strategies</li> <li>• The definition of tactics and should have a basic understanding that tactics are used to defend.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Refine actions within fundamentals including catching, throwing, kicking, jumping and balance.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• To further experience and develop understanding and knowledge of team games involving different roles</li> <li>• To use strategies to optimize performance in team games involving different roles.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Place themselves into positions based upon strengths in a variety of striking and fielding games.</li> <li>• Appropriately take turns showing sportsmanship.</li> <li>• Transfer known fundamental movements into activities including throwing and catching.</li> <li>• Observe the conventions of fair play</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• More advanced techniques within Athletics. I.e. sequencing a run onto a throw within Javelin.</li> <li>• A wider set of rules and equipment needed for a variety of athletic sports.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• To isolate movements to allow peak performance</li> <li>• Perform more advanced techniques within athletics.</li> <li>• Transfer known fundamental movements into activities including throwing and running.</li> <li>• Use hurdles safely and with confidence.</li> </ul>

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<b>Team Building Games</b>	<b>Attacking/Defensive Strategies</b>	<b>Fitness Studies</b>	<b>Netball</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• That each participant has different skills, strengths and feelings towards Physical Education but each has a part to play in team games.</li> <li>• To develop understanding of class needs.</li> <li>• The rules for a variety of team building games.</li> <li>• What makes a good team player.</li> <li>• The strategies needed to overcome a team goal.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Work with their peers as part of a team.</li> <li>• Communicate with team mates.</li> <li>• Observe the conventions of fair play</li> <li>• Develop strategies to overcome a team goal</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• Students by the end of this term should be able to recall the attacking and defending strategies from previous years. With an understanding of developing different strategies based upon the opponents attacking/defending tactic.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Combine previous attacking and defending strategies learning to adapt to different situations</li> <li>• Refine actions within fundamentals including catching, throwing, kicking, jumping and balance.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• To further experience and develop understanding and knowledge of more advanced fitness sessions within a school environment</li> <li>• Students by the end of this term should be able to recall how their body feels during and after exercising, along with a deeper understanding of why this type of exercising is important for specific sporting activities.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Participate in a range of fitness sessions</li> <li>• Show discipline and focus</li> <li>• Pace themselves within different fitness activities</li> <li>• Show different tempo</li> <li>• Transfer known fundamental movements into activities.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• To experience and develop understanding and knowledge of a new team sports in an outdoor environment</li> <li>• Students by the end of this term should be able to recall the roles of different positions within Netball.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Fulfil the role of different positions within a sport.</li> <li>• Use attacking and defending strategies learnt to adapt to different situations</li> <li>• Refine actions within fundamentals including catching, throwing, kicking, jumping and balance.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• To further experience and develop understanding and knowledge of team games involving different roles</li> <li>• To use strategies to optimize performance in team games involving different roles.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Place themselves into positions based upon strengths in a variety of striking and fielding games.</li> <li>• Appropriately take turns showing sportsmanship.</li> <li>• Transfer known fundamental movements into activities including throwing and catching.</li> <li>• Observe the conventions of fair play</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>• More advanced techniques within a wider range of Athletics.</li> <li>• A wider set of rules and equipment needed for a variety of athletic sports.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• To isolate movements to allow peak performance</li> <li>• Perform more advanced techniques within athletics.</li> <li>• Transfer known fundamental movements into activities including throwing and running.</li> <li>• Use hurdles safely and with confidence.</li> </ul>

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	<b>Fitness studies</b>	<b>Team Games</b>	<b>Indoor Games and Gymnastics</b>	<b>Fitness and Bowling</b>	<b>Striking and Fielding – Rounders and Soft Ball</b>	<b>Athletics</b>
	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>To further experience and develop understanding and knowledge of more advanced fitness sessions.</li> <li>How exercise affects their body and use this information to set fitness goals.</li> <li>How a specific diet can further improve fitness capability and good health.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Set their own fitness goals.</li> <li>Support peers with their own fitness goals and learning.</li> <li>Participate in a range of fitness sessions</li> <li>Show discipline and focus</li> <li>Pace themselves within different fitness activities</li> <li>Show different tempo</li> <li>Transfer known fundamental movements into activities.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>The rules for a variety of team building games.</li> <li>What makes a good team player.</li> <li>The strategies needed to overcome a team goal.</li> <li>How to react to an opponent's actions and counteract a challenge in game.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Work with their peers as part of a team.</li> <li>Communicate with team mates.</li> <li>Observe the conventions of fair play</li> <li>Play an active part in games and put into practice the basics of positioning and teamwork.</li> <li>React to their opponents' actions and counteract a challenge in the game.</li> <li>Persevere in a game.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>The rules for a variety of indoor games.</li> <li>The strategies needed to overcome a team goal.</li> <li>How to react to an opponent's actions and counteract a challenge in game.</li> <li>The name of specific gymnastic equipment and the fundamental movements involved with each discipline.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Work with their peers as part of a team.</li> <li>Communicate with team mates.</li> <li>Observe the conventions of fair play</li> <li>Play an active part in games and put into practice the basics of positioning and teamwork.</li> <li>React to their opponents' actions and counteract a challenge in the game.</li> <li>Use gymnastics equipment safely and perform basic moves whilst improving strength and coordination</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>To further experience and develop understanding and knowledge of more advanced fitness sessions.</li> <li>How exercise affects their body and use this information to set fitness goals.</li> <li>How a specific diet can further improve fitness capability and good health.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Follow instruction from outside teachers, coaches and leaders.</li> <li>Set their own fitness goals.</li> <li>Support peers with their own fitness goals and learning.</li> <li>Participate in a range of fitness sessions</li> <li>Show discipline and focus</li> <li>Pace themselves within different fitness activities</li> <li>Show different tempo</li> <li>Transfer known fundamental movements into activities.</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>To further experience and develop understanding and knowledge of team games involving different roles and use this knowledge to explain rules.</li> <li>To use strategies to optimize performance in team games involving different roles.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Place themselves in advantageous positions around the field of play.</li> <li>Appropriately take turns showing sportsmanship.</li> <li>Transfer known fundamental movements into activities including throwing and catching.</li> <li>Observe the conventions of fair play</li> <li>Comment on their strengths and weaknesses and how the team could improve its performance</li> </ul>	<p><b>Students should know:</b></p> <ul style="list-style-type: none"> <li>More advanced techniques within a wider range of Athletics.</li> <li>A wider set of rules and equipment needed for a variety of athletic sports.</li> <li>The safety requirements of a variety of athletic events and be able to express the importance of safety in each event.</li> </ul> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Link together previously taught movements and skills to perform throwing, jumping and running events.</li> <li>To isolate movements to allow peak performance</li> <li>Perform more advanced techniques within athletics.</li> <li>Transfer known fundamental movements into activities including throwing and running.</li> <li>Use hurdles safely and with confidence.</li> </ul>