

Physical Education Long Term Plan Year 7 2019-20



Temperance Term

W/C	2nd September	9th September	16th September	23rd September	30th September	7th October	14th October	21st October
Topic	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
	Introduction Balances - Basic Balances Components of Fitness: Balance		Basic Rolls – Egg/ Log roll/ Teddy bear/ Forward roll/ Backward roll. Components of Fitness: Co-ordination		Cartwheels/ Handstands Basic Progression circuits. Components of Fitness: Co-ordination		Introduction to Floor Routine Components of Fitness: Muscular Endurance	
Challenge	Team balance		Combining rolls or sequencing		Use of apparatus		Combining principals of performance	
Assessment	Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis	
W/C	HALF TERM	4th November	11th November	18th November	25th November	2nd December	9th December	CHRISTMAS
Topic		Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	
		Introduction to Assisted Flight Stations of trampettes and springboard. Safety considerations in Sport (equipment)		Introduction to Vaulting (Springboard) Stations of different tables and vaults set up.		Introduction to Vaulting (Springboard and Trampoline) Basic Vaulting skills Safety considerations in Sport (equipment)		
Challenge		Body profiling		Use of rotation		Rotation around the longitudinal axis		
Assessment		Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		

Physical Education Long Term Plan Year 7 2019-20



Justice Term

w/c	6 th January	13 th January	20 st January	27 th January	3 rd February	10 th February	HALF TERM
Topic	Alternative Sports		Alternative Sports		Alternative Sports		
	Round net Familiarisation, use of passing techniques and spiking		Round net Sequencing, attacking space, formation		Tchoukball Familiarisation, use of passing techniques and bouncing		
Challenge	Use of spin on spiking		Use of attacking strategies		Application of width in attack		
Assessment	Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		
w/c	24 th February	2 nd March	9 th March	16 th March	23 rd March	30 th March	
Topic	Alternative Sports		Alternative Sports		Alternative Sports		
	Tchoukball Sequencing, attacking space, formation		Frisbee Familiarisation, use of passing techniques and receiving		Frisbee Width and depth, scoring, intercepting.		
Challenge	Outwitting opponent using improvisation		Application of width in attack		Outwitting opponent using improvisation		
Assessment	Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		

Physical Education Long Term Plan Year 7 2019-20



Courage Term

W/C	20 th April	27 th April	4 th May	11 th May	18 th May	HALF TERM
Topic	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	
	Introduction Multi stage fitness test. How to conduct the test and what is it looking at.		Introduction of circuits. Groups exercises working towards technique of exercises – basic exercise. Exercise technique		Continuous training. 12-minute cooper test. How to conduct the 12-minute cooper test. What is continuous training.	
Challenge	Scoring above the national average for your age range		Devise a circuit based on your SWOT analysis		Scoring above the national average for your age range	
Assessment	Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		Practical Assessment	
W/C	1 st June	8 th June	15 th June	22 nd June	29 th June	6 th July
Topic	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness
	Continuous training. 12-minute cooper test. How to conduct the 12-minute cooper test. What is continuous training.	Fartlek training. Training Squad. What is fartlek training? Sporting's examples? How fartlek training can affect performance?		Interval training. Interval circuit. What is interval training?		Re-Test: Multi stage fitness test. Compare test results. How to conduct the test and what is it looking at.
Challenge	Practical Assessment	Practical Assessment & Verbal Analysis		Practical Assessment & Verbal Analysis		Practical Assessment
Assessment	KS3 Internal Exams			Devise an interval training session specific to your own sport		Scoring higher than your previous score