

Physical Education Long Term Plan Year 10

Autumn Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Mixed-Sport rotation							
Option 1	Health and Fitness: COF Tests Circuit & MSFT	Football: Passing and Receiving & Shooting	Football: Shooting and Match Play	Football: Defensive Pressure	Football: Defensive Cover and Delay	Football: Inter-House Matches and competition final	Health and Fitness: COF Tests Circuit & MSFT Inter-House	
Option 2	Health and Fitness: Circuit Training and HITT	Netball: Passing and Receiving & Footwork and Pivoting	Netball: Positions and Match Play	Netball: Inter-House Matches and competition final	Volleyball: Setting and Dig	Volleyball: Serving and Match play	Health and Fitness: Circuit Training Inter-House	
Challenge	Set and beat personal bests	Perform advanced technical skills	Apply tactics to outwit opponents	Demonstrate decision making in dynamic environments	Show leadership abilities when working with a group of peers	Develop interpersonal skills to improve team cohesion	Set and beat personal bests	

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Mixed-Sport rotation					Alternative Sport	
Option 1	Badminton: Familiarisation of physical literacy of main skill sets	Badminton: Development of game appreciation	Badminton: Understanding of rules and etiquette Inter-House	Table Tennis: Familiarisation of physical literacy of main skill sets	Table Tennis: Development of game appreciation Inter-House	Danish Longball Inter-House	
Option 2	Roundnet: Familiarisation of physical literacy of main skill sets	Roundnet: Development of game appreciation	Roundnet: Understanding of rules and etiquette Inter-House	OAA: Familiarisation of social skills	OAA: Understand resilience and self-determination	Danish Longball Inter-House	
Challenge	Perform advanced technical skills	Apply tactics to outwit opponents	Demonstrate decision making in dynamic environments	Show leadership abilities when working with a group of peers	Develop interpersonal skills to improve team cohesion	Demonstrate high levels of fair play in competitive environments	

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Spring Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Mixed-Sport rotation						
Option 1	Health and Fitness: Illinois Agility Test Inter-House	Football: Passing and Receiving & Shooting	Football: Shooting and Match Play	Football: Defensive Pressure	Football: Defensive Cover and Delay	Dodgeball Inter-House	
Option 2	Health and Fitness: Sit-up Bleep Test Inter-House	Basketball: Ball Control & Sending and receiving	Basketball: Support & Shooting	Badminton: Familiarisation of physical literacy of main skill sets	Badminton: Development of game appreciation	Dodgeball Inter-House	
Challenge	Perform advanced technical skills	Apply tactics to outwit opponents	Demonstrate decision making in dynamic environments	Show leadership abilities when working with a group of peers	Develop interpersonal skills to improve team cohesion	Demonstrate high levels of fair play in competitive environments	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Mixed-Sport rotation						
Option 1	Ultimate Frisbee: Familiarisation of physical literacy of main skill sets	Ultimate Frisbee: Development of game appreciation	Rounders: Familiarisation of physical literacy of main skill sets	Rounders: Development of game appreciation	Rounders: Understanding of rules and etiquette	Handball / Tchoukball: Inter-house matches	
Option 2	Basketball: Marking and Defending	Basketball: Match Play and Interhouse	Badminton/ Roundnet: Engage in tactical decision making	Badminton/ Roundnet: Appreciate the fundamental skills in doubles	Badminton/ Roundnet: Performing, meeting the demands of a range of opponents	Handball / Tchoukball: Inter-house matches	
Challenge	Perform advanced technical skills	Apply tactics to outwit opponents	Demonstrate decision making in dynamic environments	Show leadership abilities when working with a group of peers	Develop interpersonal skills to improve team cohesion	Demonstrate high levels of fair play in competitive environments	

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Summer Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Mixed-Sport rotation						
Option 1	Cricket: Seam Bowling & Basic Batting Technique	Cricket: Bowling with accuracy & Running between the wickets / calls	Cricket: Wicketkeeping	Cricket: Umpiring and Scoring	Cricket: Inter-House Matches	Benchball Inter-House	
Option 2	Dodgeball: Familiarisation of physical literacy of main skill sets	Dodgeball: Development of game appreciation	Dodgeball: Understanding of rules and etiquette	Table Tennis: Familiarisation of physical literacy of main skill sets	Table tennis: Development of game appreciation	Benchball Inter-House	
Challenge	Perform advanced technical skills	Apply tactics to outwit opponents	Demonstrate decision making in dynamic environments	Show leadership abilities when working with a group of peers	Develop interpersonal skills to improve team cohesion	Demonstrate high levels of fair play in competitive environments	

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Athletics and Team Events						
Core	Lesson 1 - High Jump (SH) Lesson 2 - Middle Distance (MUGA)	Lesson 1 - Long Jump (SH) Lesson 2 - Sprint / 30m Dash! (MUGA)	Lesson 1 - Triple Jump (SH) Lesson 2 - Relay (MUGA)	Lesson 1 - Indoor Shot (SH) Lesson 2 - Plastic Javelin (MUGA)	SPORTS DAY Lesson 1 - Blanket Ball (SH) Lesson 2 - Primary Sports (MUGA)	Lesson 1 - Dodgeball (SH) Lesson 2 - Muggle Quidditch (MUGA)	
Challenge	Perform advanced technical skills	Apply tactics to outwit opponents	Demonstrate decision making in dynamic environments	Show leadership abilities when working with a group of peers	Develop interpersonal skills to improve team cohesion	Demonstrate high levels of fair play in competitive environments	