

# Physical Education Long Term Plan Year 10 2021-20

## Temperance 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	<b>Health and Fitness:</b> COF Tests Circuit & MSFT	<b>Football:</b> Passing and Receiving & Shooting	<b>Football:</b> Shooting and Match Play	<b>Football:</b> Defensive Pressure	<b>Football:</b> Defensive Cover and Delay	<b>Football:</b> Inter-House Matches and competition final	<b>Health and Fitness:</b> COF Tests Circuit & MSFT Inter-House	
Option 2	<b>Health and Fitness:</b> Circuit Training and HITT	<b>Netball:</b> Passing and Receiving & Footwork and Pivoting	<b>Netball:</b> Positions and Match Play	<b>Netball:</b> Inter-House Matches and competition final	<b>Volleyball:</b> Setting and Dig	<b>Volleyball:</b> Serving and Match play	<b>Health and Fitness:</b> 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	<b>Badminton:</b> Familiarisation of physical literacy of main skill sets	<b>Badminton:</b> Development of game appreciation	<b>Badminton:</b> Understanding of rules and etiquette Inter-House	<b>Table Tennis:</b> Familiarisation of physical literacy of main skill sets	<b>Table Tennis</b> Development of game appreciation Inter-House	<b>Danish Longball Inter-House</b>	
Option 2	<b>Roundnet:</b> Familiarisation of physical literacy of main skill sets	<b>Roundnet:</b> Development of game appreciation	<b>Roundnet:</b> Understanding of rules and etiquette Inter-House	<b>OAA:</b> Familiarisation of social skills	<b>OAA:</b> Understand resilience and self-determination	<b>Danish Longball Inter-House</b>	
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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## Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Mixed-Sport rotation						
Option 1	<b>Health and Fitness:</b> Illinois Agility Test <a href="#">Inter-House</a>	<b>Football:</b> Passing and Receiving & Shooting	<b>Football:</b> Shooting and Match Play	<b>Football:</b> Defensive Pressure	<b>Football:</b> Defensive Cover and Delay	<b>Dodgeball</b> <a href="#">Inter-House</a>	
Option 2	<b>Health and Fitness:</b> Sit-up Bleep Test <a href="#">Inter-House</a>	<b>Basketball:</b> Ball Control & Sending and receiving	<b>Basketball:</b> Support & Shooting	<b>Badminton:</b> Familiarisation of physical literacy of main skill sets	<b>Badminton:</b> Development of game appreciation	<b>Dodgeball</b> <a href="#">Inter-House</a>	
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	<b>Ultimate Frisbee:</b> Familiarisation of physical literacy of main skill sets	<b>Ultimate Frisbee:</b> Development of game appreciation	<b>Rounders:</b> Familiarisation of physical literacy of main skill sets	<b>Rounders:</b> Development of game appreciation	<b>Rounders:</b> Understanding of rules and etiquette	<b>Handball / Tchoukball:</b> <a href="#">Inter-house matches</a>	
Option 2	<b>Basketball:</b> Marking and Defending	<b>Basketball:</b> Match Play and <a href="#">Interhouse</a>	<b>Badminton/ Roundnet:</b> Engage in tactical decision making	<b>Badminton/ Roundnet:</b> Appreciate the fundamental skills in doubles	<b>Badminton/ Roundnet:</b> Performing, meeting the demands of a range of opponents	<b>Handball / Tchoukball:</b> <a href="#">Inter-house matches</a>	
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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## Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Mixed-Sport rotation						
Option 1	<b>Cricket:</b> Seam Bowling & Basic Batting Technique	<b>Cricket:</b> Bowling with accuracy & Running between the wickets / calls	<b>Cricket:</b> Wicketkeeping	<b>Cricket:</b> Umpiring and Scoring	<b>Cricket:</b> <a href="#">Inter-House Matches</a>	<b>Benchball</b> <a href="#">Inter-House</a>	
Option 2	<b>Dodgeball:</b> Familiarisation of physical literacy of main skill sets	<b>Dodgeball:</b> Development of game appreciation	<b>Dodgeball:</b> Understanding of rules and etiquette	<b>Table Tennis:</b> Familiarisation of physical literacy of main skill sets	<b>Table tennis:</b> Development of game appreciation	<b>Benchball</b> <a href="#">Inter-House</a>	
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)	<b>SPORTS DAY</b> 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	