

Physical Education Long Term Plan Year 7

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Accurate Replication in Health-Related Fitness					Invasion Games in Football and Netball		
Core – Group 1	Health and Fitness: COF Tests Circuit & MSFT	Health and Fitness: Circuit Training and HITT	Health and Fitness: Fartlek training and plyometrics (vertical jump test) (swap after 5 lessons)	Basketball: Ball Control & Sending and receiving	Basketball: Support & Shooting Inter-House Matches	Football: Shooting and Match Play Netball: Passing and Receiving & Footwork and Pivoting	Netball: Positions and Match Play	
Core – Group 2	Basketball: Ball Control & Sending and receiving	Basketball: Support & Shooting	Basketball: Penetration & Inter-House Matches	Health and Fitness: Circuit Training and HITT	Health and Fitness: COF Tests Circuit & MSFT	Netball: Positions and Match Play Football: Passing and Receiving	Football: Shooting and Match Play	
Challenge	Know the constituent parts of warming up	Understand the effects of exercise Definitions of the components of fitness	Link component to fitness test, plus knowledge of the main procedures of each	Understand the distinctions between different types of training	Understand the basic cardio-respiratory system	Understand the basic difference between anaerobic and aerobic exercise	Bones - Identification of the bones at common joints	

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Invasion Games in Football and Netball (Guided Groupings in Sport Education Approach)					Alternative Sport	
Core – Group 1	Football: Defensive Pressure & Defensive Cover and Delay	Football: Width of Play & Depth of Play	Football: Maintaining Possession & Set Plays	Football: Penetration & Counter Attack	Football: Inter-House Matches and competition final	Danish Longball Inter-House	
Core – Group 2	Netball: Creating space and Passes leading the player	Netball: Marking & Attacking strategies (Dodging)	Netball: Shooting & Rebounding	Netball: Match Play and Officiating	Netball: Inter-House Matches and competition final	Danish Longball Inter-House	
Challenge	Muscles - Location of the muscles use in key movements	Joint Movements – identify during common actions	Joint Movements – identify during common actions	Biomechanics – knowledge of axis and associated actions	Biomechanics – knowledge of axis and associated actions	Completion of end of term online quiz	

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Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Invasion Games in Rugby and Basketball						
Core – Group 1	Gymnastics: Balance & Rotation / Travel	Gymnastics: Flight & Rhythmic	Gymnastics: Inter-House Team Gym & Parkour	Touch Rugby: Sending and receiving & Go forward	Touch Rugby: Support & Defensive pressure	Touch Rugby: Continuity & Inter-House Matches	
Core – Group 2	Touch Rugby: Sending and receiving & Go forward	Touch Rugby: Support & Defensive pressure	Touch Rugby: Continuity & Inter-House Matches	Gymnastics: Balance & Rotation / Travel	Gymnastics: Flight & Rhythmic	Gymnastics: Inter-House Team Gym & Parkour	
Challenge	Distributed learning - Know the constituent parts of warming up	Basic definition of the following skill classifications and examples: simple & complex	Distributed learning - Understand the effects of exercise	Basic definition of the following skill classifications and examples: gross & fine	Distributed learning - Definitions of the components of fitness	Know and use the types of feedback	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Hand-Eye Co-ordination in Alternative Sports						
Core – Group 1	Roundnet: Familiarisation pass and spike & Support	Roundnet: Offensive pressure & Inter-House matches Badminton: OHC, high serve & Drop shot, low serve	Badminton: Attacking space & Inter-House Matches	Ultimate Frisbee: Backhand Throw/ Grip & Catching	Ultimate Frisbee: Basic Rules Interhouse Match Play Handball / Tchoukball: Passing & Receiving and Dribbling	Handball / Tchoukball: Shooting & Inter-house matches	
Core – Group 2	Badminton: OHC, high serve & Drop shot, low serve	Badminton: Attacking space & Inter-House Matches Roundnet: familiarisation pass and spike & Support	Roundnet: Offensive pressure & Inter-House Matches	Handball / Tchoukball: Passing & Receiving and Dribbling	Handball / Tchoukball: Shooting & Inter-house matches Ultimate Frisbee: Backhand Throw/ Grip & Catching	Ultimate Frisbee: Basic Rules Interhouse Match Play	
Challenge	Distributed learning - Understand the distinctions between different types of training	Know and use the types of guidance	Distributed learning - Understand the basic cardio-respiratory system	Understand the difference between intrinsic and extrinsic motivation	Distributed learning - Understand the basic difference between anaerobic and aerobic exercise	Completion of end of term online quiz	

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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Striking and Fielding and Outdoor Adventurous Activities						
Core – Group 1	Cricket: Seam Bowling & Basic Batting Technique	Cricket: Bowling with accuracy & Running between the wickets / calls	Cricket: Wicketkeeping & Inter-House Matches	OAA: Trust & Team Building	OAA: Decision Making & Leadership	OAA: Orienteering & Inter-House challenge	
Core – Group 2	OAA: Trust & Team Building	OAA: Decision Making & Leadership	OAA: Orienteering & Inter-House challenge	Cricket: Seam Bowling & Basic Batting Technique	Cricket: Bowling with accuracy & Running between the wickets / calls	Cricket: Wicketkeeping & Inter-House Matches	
Challenge	Distributed learning - Basic definition of the following skill classifications and examples: simple & complex	Distributed learning - Bones - Identification of the bones at common joints	Distributed learning - Basic definition of the following skill classifications and examples: gross & fine	Distributed learning - Know and use the types of feedback	Distributed learning - Muscles - Location of the muscles use in key movements	Distributed learning - Know and use the types of guidance	

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	Distributed learning - Understand the difference between intrinsic and extrinsic motivation	Distributed learning - Joint Movements – identify during common actions	Distributed learning - Biomechanics – knowledge of axis and associated actions	Distributed learning - Know the constituent parts of warming up	Break or set new school records	Completion of end of year online quiz	