

Physical Education Long Term Plan Year 7

AutumnTerm

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 Sport education approach					Invasion Games in Football and Netball		
Challenge – Group 1 boys	Baseline testing Health and Fitness: (Astro) COF Tests Circuit & MSFT	Baseline testing Invasion game - endball	Health and Fitness (Astro): Astro Circuit Training and HIT	Health and Fitness (Astro): Fartlek training and plyometrics (vertical jump test) (swap after 5 lessons)	Basketball (SH): Ball Control & Sending and receiving	Basketball (SH): Support & Shooting Inter-House Matches	Football (Astro): support in attack	
Challenge – Group 2 girls	Baseline testing Invasion game - endball	Baseline testing Health and Fitness: (Astro) COF Tests Circuit & MSFT	Basketball (SH): Support & Shooting	Basketball (SH): Penetration & Inter- House Matches	Health and Fitness (FTP): Circuit Training and HIT	Health and Fitness (FTP): FTP COF Tests Circuit & MSFT	Netball (SH): Creating space and Passes leading the player	
Inspire	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 (TGFU Approach)					Alternative Sport /interhouse	
Challenge – Group 2 boys	Football (Astro):Width of Play & Depth of Play	Football (Astro):WI Maintaining Possession	Football (Astro): Penetration & Counterattack	Football (Astro): Defensive Pressure & Defensive Cover and Delay	Football (Astro): Inter-House Matches and competition final	Danish Longball Inter- House	
Challenge Group 3 girls	Netball (SH): Creating space and Passes leading the player	Netball (SH): outwitting opponents; Attacking strategies (Dodging)	Netball (SH): go forwards (Shooting & Rebounding)	Netball (SH): Match Play and Officiating	Netball (SH): Inter-House Matches and competition final	Danish Longball Inter- House	



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Inspire	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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SpringTerm

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Invasion Games in Rugby and asthetic movements (SE and Cooperative learning)						
Challenge – Group 1 Boys	Gymnastics (SH) Balance & Rotation /	Gymnastics (SH) Travel / parkour	Gymnastics (SH) Flight & Rhythmic / parkour	Touch Rugby (astro) : Sending and receiving & Go forward	Touch Rugby (astro) : Support & Defensive pressure	Touch Rugby (astro) : Continuity & Inter-House Matches	
Challenge – Group 2 Girls	Touch Rugby (FTP) Sending and receiving & Go forward	Touch Rugby (FTP) Support & Defensive pressure	Touch Rugby (FTP) Continuity & Inter-House Matches	Gymnastics (SH) Balance & Rotation /	Gymnastics (SH) Travel / parkour	Gymnastics (SH) Flight & Rhythmic / parkour	
Inspire	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						
Challenge – Group 1 boys	Roundnet (Astro) Familiarisation pass and spike & Support	Roundnet (Arto) Offensive pressure & Inter-House matches Handball / Tchoukball (Astro): Passing & Receiving and Dribbling	Handball (Astro): Shooting & Inter-house matches	Badminton (SH): Serves and Clears	Badminton (SH): Drop shots, Smash	Badminton (SH): Attacking space & Inter-House Matches	
Challenge – Group 2 girls	Badminton (SH): Serves and Clears	Badminton (SH): Drop shots, Smash	Badminton (SH): Attacking space & Inter-House Matches	Roundnet (FTP): Familiarisation pass and spike & Support	Roundnet (FTP): Offensive pressure & Inter-House matches Handball / Tchoukball (Astro): Passing & Receiving and Dribbling	Handball (Astro): Shooting & Inter-house matches	
Inspire	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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SummerTerm

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Striking and Fielding and Outdoor Adventurous Activities						
Challenge – Group 1 mixed	Cricket (astro): Seam Bowling & Basic Batting Technique	Cricket (astro): Bowling with accuracy & Running between the wickets / calls	Cricket (astro): Wicketkeeping & Inter-House Matches	OAA (FTP): Trust & Team Building	OAA (FTP): Decision Making & Leadership	Multisport alternative emerging sports	
Challenge – Group 2 boys	OAA (FTP): Trust & Team Building	OAA (FTP): Decision Making & Leadership	Multisport alternative emerging sports	Cricket (astro): Seam Bowling & Basic Batting Technique	Cricket (astro): Bowling with accuracy & Running between the wickets / calls	Cricket (astro): Wicketkeeping & Inter-House Matches	
Inspire	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 – Tug of War (PLAYGROUND) Lesson 2 - Team Pursuit (MUGA)	Lesson 1 – 30m Sprint (MUGA) Lesson 2 – Javelin (PLAYGROUND)	Lesson 1 – Shot Put (PLAYGROUND) Lesson 2 – Rounders (MUGA)	Lesson 1 - High Jump (SH) Lesson 2 - Middle Distance (MUGA)	SPORTS DAY Lesson 1 - Blanket Ball (SH) Lesson 2 - Discus (PLAYGROUND)	Lesson 1 – Danish Long Ball (SH) Lesson 2 – Inter House Competition (MUGA)	
Inspire	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	