

Physical Education Long Term Plan Year 7



W/C	6 th September	10 th September	17 th September	24 th September	1 st October	8 th October	15 th October	HALF TERM	31 st November	5 th November	12 th November	
	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.	Creating group circuit with requirements to be put into the circuit base upon level of class. Exercise technique	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.		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	
	Health and Fitness								Gymnastics			
W/C	19 th November	26 th November	3 rd December	10 th December	CHRISTMAS	7 th January	14 th January	21 st January	28 th January	4 th February	11 th February	HALF TERM
	Introduction to Floor Routine Components of Fitness: Muscular Endurance	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 skillsskills Safety considerations in Sport (equipment)		Introduction/ warm-up Ball control – grip/ stance. Passing (push pass) Introduce rules such as 'back of the stick'. Components of fitness: balance when passing/speed running with ball	Warm-up Recap push pass and technique of receiving a pass Game: end ball (introduce rules such as 'foot fouls'). Components of fitness: balance when passing/ speed running with ball	Warm-up Focus on the use of space. Endball/ 3vs 3 Component of fitness: agility	Warm-up Introduce how to defend effectively – block tackle. games/ end ball Introduction of 'stick tackle'. Component of fitness: agility	Warm-up Introduce shooting – slap shot. Game 5 vs 5 Component of fitness: agility/ balance/ speed.	Full game pupils umpire and score themselves. Assessment lesson What components of fitness do you use in hockey/ explain/ example?	
	Gymnastics					Hockey						
W/C	25 th February	4 th March	11 th March	18 th March	25 th March	1 st April	EASTER	24 th April	29 th April	6 th May	13 th May	
	Duets / Dance Material Cartoons Learn Set Motif	Duets / Dance Material Cartoons Develop Motif into Duet, Perform	Duets / Dance Material Bollywood Learn Set Motif	Duets / Dance Material Bollywood Develop into a Duet	Duets / Dance Material Bollywood Combine Two Duets and add Props	Duets / Dance Material Bollywood Practice, Perform and Assess		Intro to Problem Solving	Trust Exercises	Leadership	Solve a Problem	
	Dance							OAA				
W/C	20 th May	HALF TERM	3 rd June	10 th June	17 th June	24 th June	1 st July	8 th July	HALF TERM			
	Bouldering / Climbing		Introduction Athletes tests Goal setting and target setting.	Sprint start Running Technique Goal setting and target setting.	Throw event Technique Goal setting and target setting.	High Jump Feedback and performance analysis.	Enrichment Week	Indoor Athletics Competition Goal setting and target setting.				
	OAA		Athletics									