

# Physical Education / Games Long Term Plan Year 10 2020-21

Temperance Term – Gender Options for Contact Options

| W/C   |  | 7 <sup>th</sup> September                             | 14 <sup>th</sup> September                                  | 21 <sup>st</sup> September                             | 28 <sup>th</sup> September                             | 5 <sup>th</sup> October                              | 12 <sup>th</sup> October                             | 19 <sup>th</sup> October                            |
|-------|--|---|---|--|--|--|--|---|
| Topic | <b>HALF TERM</b>                                       | Mixed Option Rotation                                 | Mixed Option Rotation                                       | Mixed Option Rotation                                  | Mixed Option Rotation                                  | Mixed Option Rotation                                | Mixed Option Rotation                                | Mixed Option Rotation                               |
|       |  | Option 1: Table Tennis (SH)<br>Serving                | Option 1: Table Tennis (SH)<br>Forehand shots               | Option 1: Table Tennis (SH)<br>Match play (rules)      | Option 1: Dodgeball (SH)<br>Match play and rules       | Option 1: Dodgeball (SH)<br>Underarm throw           | Option 1: Dodgeball (SH)<br>Overarm throw            | Option 1: Dodgeball (SH)<br>Defending               |
|       |  | Option 2: Football (MUGA)<br>Possession               | Option 2: Football (MUGA)<br>Set plays (free-kicks)         | Option 2: Football (MUGA)<br>Formation and Positioning | Option 2: Football (MUGA)<br>Width and depth           | Option 2: Football (MUGA)<br>Shooting                | Option 2: Football (MUGA)<br>Defending – man marking | Option 2: Football (MUGA)<br>Tactics and Match play |
|       |  | Option 3: Badminton (HS)<br>Underarm Serving          | Option 3: Badminton (HS)<br>Overhead clear                  | Option 3: Badminton (HS)<br>Single Rules and game play | Option 3: Basketball (HS)<br>Shooting – set shots      | Option 3: Basketball (HS)<br>Passing and Receiving   | Option 3: Basketball (HS)<br>Marking and defending   | Option 3: Basketball (HS)<br>Rules and Match play   |
|       |  | Option 4: N/A COVID RES.                              | Option 4: N/A COVID RES.                                    | Option 4: N/A COVID RES.                               | Option 4: N/A COVID RES.                               | Option 4: N/A COVID RES.                             | Option 4: N/A COVID RES.                             | Option 4: N/A COVID RES.                            |
| W/C   |  | 2 <sup>nd</sup> November                              | 9 <sup>th</sup> November                                    | 16 <sup>th</sup> November                              | 23 <sup>rd</sup> November                              | 30 <sup>th</sup> November                            | 7 <sup>th</sup> December                             | <b>CHRISTMAS</b>                                    |
| Topic | Mixed Option Rotation                                  | Mixed Option Rotation                                 | Mixed Option Rotation                                       | Mixed Option Rotation                                  | Mixed Option Rotation                                  | Mixed Option Rotation                                | Mixed Option Rotation                                |   |
|       | Option 1: Badminton (SH)<br>Backhand Serving           | Option 1: Badminton (SH)<br>Smash shot                | Option 1: Badminton (SH)<br>Net shots                       | Option 1: Badminton (SH)<br>Moving your opponent       | Option 1: Badminton (SH)<br>Double rules and game play | Option 1: Badminton (SH)<br>Game play - Tournament   | Option 1: Badminton (SH)<br>Game play - Tournament   |   |
|       | Option 2: Skateboarding (DT)                           | Option 2: Skateboarding (DT)                          | Option 2: Skateboarding (DT)                                | Option 2: Skateboarding (DT)                           | Option 2: Skateboarding (DT)                           | Option 2: Skateboarding (DT)                         | Option 2: Skateboarding (DT)                         |   |
|       | Option 3: Football (MUGA)<br>Attacking formations      | Option 3: Football (MUGA)<br>Defending formations     | Option 3: Football (MUGA)<br>Set plays (corners)            | Option 3: Football (MUGA)<br>Goal keeping              | Option 3: Football (MUGA)<br>Match play - Refereeing   | Option 3: Football (MUGA)<br>Match play - Tournament | Option 3: Football (MUGA)<br>Match play - Tournament |   |
|       | Option 4: Trampolining (SH)<br>Types of Jumps - Shapes | Option 4: Trampolining (SH)<br>Types of Jumps - Turns | Option 4: Trampolining (SH)<br>Types of Jumps - combination | Option 4: Trampolining (SH)<br>Seatdrops               | Option 4: Trampolining (SH)<br>Swivel hips             | Option 4: Trampolining (SH)<br>Combination routines  | Option 4: Trampolining (SH)<br>Combination routines  |   |

Justice Term – Set Options (3)

| W/C   | 4 <sup>th</sup> January                             | 11 <sup>th</sup> January                          | 18 <sup>st</sup> January                           | 25 <sup>th</sup> January                              | 1 <sup>st</sup> February                      | 8 <sup>th</sup> February                               |                  |
|-------|---|---|--|---|---|--|------------------|
| Topic | Mixed Option Rotation                               | Mixed Option Rotation                             | Mixed Option Rotation                              | Mixed Option Rotation                                 | Mixed Option Rotation                         | Mixed Option Rotation                                  | <b>HALF TERM</b> |
|       | Option 1: OAA (SH)<br>Team building                 | Option 1: OAA (SH)<br>Orienteering                | Option 1: OAA (SH)<br>Problem Solving              | Option 1: Basketball (SH)<br>Shooting - Lay-ups       | Option 1: Basketball (SH)<br>Tactics          | Option 1: Basketball (SH)<br>Game play                 |                  |
|       | Option 2: Badminton (SH)<br>Positioning - singles   | Option 2: Badminton (SH)<br>Positioning - Doubles | Option 2: Badminton (SH)<br>Game play              | Option 2: Skateboarding (DT)                          | Option 2: Skateboarding (DT)                  | Option 2: Skateboarding (DT)                           |                  |
|       | Option 3: Football (MUGA)<br>Offside positions      | Option 3: Football (MUGA)<br>Penetration          | Option 3: Football (MUGA)<br>Set plays (penalties) | Option 3: Football (MUGA)<br>Goal keeping (penalties) | Option 3: Football (MUGA)<br>Zoning defence   | Option 3: Football (MUGA)<br>Game play                 |                  |
|       | Option 4: Trampolining (SH)<br>Combination Routines | Option 4: Trampolining (SH)<br>Frontdrops         | Option 4: Trampolining (SH)<br>Frontdrops          | Option 4: Trampolining (SH)<br>Backdrops              | Option 4: Trampolining (SH)<br>Backdrops      | Option 4: Trampolining (SH)<br>Combination Routines    |                  |
| W/C   | 22 <sup>nd</sup> February                           | 1 <sup>st</sup> March                             | 8 <sup>th</sup> March                              | 15 <sup>th</sup> March                                | 22 <sup>nd</sup> March                        | 29 <sup>th</sup> March                                 | <b>EASTER</b>    |
| Topic | Mixed Option Rotation                               | Mixed Option Rotation                             | Mixed Option Rotation                              | Mixed Option Rotation                                 | Mixed Option Rotation                         | Mixed Option Rotation                                  |                  |
|       | Option 1: OAA (SH)<br>Decision making               | Option 1: OAA (SH)<br>Orienteering                | Option 1: OAA (SH)<br>Caving                       | Option 1: Table Tennis (SH)<br>Backhand shots         | Option 1: Table Tennis (SH)<br>Double rules   | Option 1: Table Tennis (SH)<br>Match play - tournament |                  |
|       | Option 2: Fitness Class (CR)<br>Circuits            | Option 2: Fitness Class (CR)<br>Step class        | Option 2: Fitness Class (CR)<br>Zumba              | Option 2: Fitness Class (CR)<br>Akabusi Circuit       | Option 2: Fitness Class (CR)<br>'Boot camp'   | Option 2: Fitness Class (CR)<br>Fitness Tests          |                  |
|       | Option 3: Football (MUGA)<br>Possession             | Option 3: Football (MUGA)<br>Width                | Option 3: Football (MUGA)<br>Depth                 | Option 3: Football (MUGA)<br>Defensive positioning    | Option 3: Football (MUGA)<br>Game play        | Option 3: Football (MUGA)<br>Game play                 |                  |
|       | Option 4: Trampolining (SH)<br>Combination Routines | Option 4: Trampolining (SH)<br>Competitions       | Option 4: Trampolining (SH)<br>GCSE Assessing      | Option 4: Trampolining (SH)<br>GCSE Assessing         | Option 4: Trampolining (SH)<br>GCSE Assessing | Option 4: Trampolining (SH)<br>GCSE Assessing          |                  |

Courage Term - Set Options (3)

| W/C   | 19 <sup>th</sup> April                           | 26 <sup>th</sup> April                | 3 <sup>rd</sup> May                                | 10 <sup>th</sup> May                           | 17 <sup>th</sup> May                   |                  |
|-------|--|---------------------------------------|--|--|--|------------------|
| Topic | Mixed Option Rotation                            | Mixed Option Rotation                 | Mixed Option Rotation                              | Mixed Option Rotation                          | Mixed Option Rotation                  | <b>HALF TERM</b> |
|       | Option 1: Frisbee (MUGA)<br>Technique of passing | Option 1: Frisbee (MUGA)<br>Receiving | Option 1: Frisbee (MUGA)<br>Defending and stalling | Option 1: Frisbee (MUGA)<br>Rules              | Option 1: Frisbee (MUGA)<br>Game play  |                  |
|       | Option 2: Cricket (DT)<br>Catching               | Option 2: Cricket (DT)<br>Bowling     | Option 2: Cricket (DT)<br>Batting                  | Option 2: Cricket (DT)<br>Fielding             | Option 2: Cricket (DT)<br>Game Play    |                  |
|       | Option 3: Rounders (MUGA)<br>Bowling             | Option 3: Rounders (MUGA)<br>Batting  | Option 3: Rounders (MUGA)<br>Fielding              | Option 3: Rounders (MUGA)<br>Tactics and rules | Option 3: Rounders (MUGA)<br>Game play |                  |
|       | Option 4: Alternative Pursuits (HS)              | Option 4: Alternative Pursuits (HS)   | Option 4: Alternative Pursuits (HS)                | Option 4: Alternative Pursuits (HS)            | Option 4: Alternative Pursuits (HS)    |                  |

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| W/C   | 7th June                                   | 14 <sup>th</sup> June                              | 21 <sup>st</sup> June                            | 28 <sup>th</sup> June                             | 5 <sup>th</sup> July                              | 12 <sup>th</sup> July                  |
|-------|--|--|--|---|---|--|
| Topic | Mixed Option Rotation                      | Mixed Option Rotation                              | Mixed Option Rotation                            | Mixed Option Rotation                             | Mixed Option Rotation                             | Mixed Option Rotation                  |
|       | Option 1: Softball (MUGA)<br>Fielding      | Option 1: Softball (MUGA)<br>Batting               | Option 1: Softball (MUGA)<br>Throwing            | Option 1: Softball (MUGA)<br>Pitching             | Option 1: Softball (MUGA)<br>Rules and tactics    | Option 1: Softball (MUGA)<br>Game play |
|       | Option 2: Alternative Pursuits (DT)        | Option 2: Alternative Pursuits (DT)                | Option 2: Alternative Pursuits (DT)              | Option 2: Alternative Pursuits (DT)               | Option 2: Alternative Pursuits (DT)               | Option 2: Alternative Pursuits (DT)    |
|       | Option 3: Football (MUGA)<br>Shooting      | Option 3: Football (MUGA)<br>Long distance passing | Option 3: Football (MUGA)<br>Tricks of the Trade | Option 3: Football (MUGA)<br>Defensive formations | Option 3: Football (MUGA)<br>Attacking formations | Option 3: Football (MUGA)<br>Game play |
|       | Option 4: Cricket (Field)<br>Pairs cricket | Option 4: Cricket (Field)<br>Spin Bowling          | Option 4: Cricket (Field)<br>Batting             | Option 4: Cricket (Field)<br>Fielding             | Option 4: Cricket (Field)<br>Wicket keeping       | Option 4: Cricket (Field)<br>Game play |