

# Physical Education / Games Long Term Plan Year 7 2020-21



Temperance Term – Gender Groups for Health-Related Fitness & Contact Sports

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		Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness	Health-Related Fitness
		Boys - Circuit Training & 12-minute cooper test.	Boys - Multistage fitness test & Akabusi Circuit	Boys – Fitness Tests (sit + reach etc.) & 'Boot Camp' Style Fitness	Boys – Interval training & HITT	Boys - Fartlek training & Resistance training	Boys – Zumba & Strength and Conditioning	Boys - Student planned; student led fitness session
		Girls – Continuous training & interval training	Girls – Fartlek & Interval	Girls – Zumba & Circuit Training	Girls – Pilates & 'Boot Camp' Style Fitness	Girls – Fitness Tests (sit + reach etc.) & Step Class	Girls – Team Fitness & Akabusi Circuit	Girls – Student planned; student led fitness session
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	CHRISTMAS
Topic		Invasion Games	Invasion Games	Invasion Games	Invasion Games	Invasion Games	Invasion Games	
	HALF TERM	Boy's Group – Football (MUGA) – Passing & Receiving	Boy's Group – Football (MUGA) – Shooting	Boy's Group – Football (MUGA) – Defensive Skills	Boy's Group – Football (MUGA) – Width and Depth	Boy's Group – Football (MUGA) – Maintaining Possession	Boy's Group – Football – (MUGA) – Match Scenarios	
		Girl's Group – Netball (SH/DT) - Passing & Receiving	Girl's Group – Netball (SH/DT) – Positional Understanding	Girl's Group – Netball (SH/DT) – Shooting	Girl's Group – Netball (SH/DT) – Defensive Skills	Girl's Group – Netball (SH/DT) – 'Set Plays'	Girl's Group – Netball (SH/DT) – Match Play	

Justice Term – Mixed Gender Set Groups (3)

W/C	4 <sup>th</sup> January	11 <sup>th</sup> January	18 <sup>th</sup> January	25 <sup>th</sup> January	1 <sup>st</sup> February	8 <sup>th</sup> February	HALF TERM
Topic	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	
	Group 1: Basketball (SH) – Ball Control	Group 1: Basketball (SH) - Passing & Receiving	Group 1: Basketball (SH) - Shooting	Group 1: Basketball (SH) - Defensive Skills	Group 1: Basketball (SH) – Positional Play	Group 1: Basketball (SH) – Match Play	
	Group 2: Hockey (MUGA) - Ball Control	Group 2: Hockey (MUGA) - Passing & Receiving	Group 2: Hockey (MUGA) - Shooting	Group 2: Hockey (MUGA) - Defensive Skills	Group 2: Hockey (MUGA) - Maintaining Possession	Group 2: Hockey (MUGA) - Width and Depth	
	Group 3: OAA (School Site) – Trust & Team Building	Group 3: OAA (School Site) – Decision Making	Group 3: OAA (School Site) – Orienteering	Group 3: Roundnet (MUGA) – Passing & Spiking	Group 3: Roundnet (MUGA) – Offensive & Defensive Strategy	Group 3: Roundnet (MUGA) – Match Play & Tournament	
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	EASTER
Topic	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	Mixed Sport Rotation	
	Group 1: Hockey (MUGA) - Ball Control	Group 1: Hockey (MUGA) - Passing & Receiving	Group 1: Hockey (MUGA) - Shooting	Group 1: Hockey (MUGA) - Defensive Skills	Group 1: Hockey (MUGA) - Maintaining Possession	Group 1: Hockey (MUGA) - Width and Depth	
	Group 2: Badminton (SH) – Service	Group 2: Badminton (SH) – Overhead Shots	Group 2: Badminton (SH) – Net Play	Group 2: Handball (SH) – Passing, receiving, moving	Group 2: Handball (SH) – Shooting / Defensive Skills	Group 2: Handball (SH) – Match Play / Maintaining Possession	
	Group 3: Handball (MUGA) – Passing, receiving, moving	Group 3: Handball (MUGA) – Shooting / Defensive Skills	Group 3: Handball (MUGA) – Match Play / Maintaining Possession	Group 3: Cricket (MUGA) – Bowling	Group 3: Cricket (MUGA) – Batting	Group 3: Cricket (MUGA) – Fielding	

Courage Term – Mixed Gender Set Groups (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	HALF TERM
Topic	Athletics and Rotation	Athletics and Rotation	Athletics and Rotation	Athletics and Rotation	Athletics and Rotation	
	Group 1: Athletics (Field) – Javelin	Group 1: Athletics (Field) – Sprints & Discus	Group 1: Athletics (Field/MUGA) – High Jump & Discus	Group 1: Athletics (Field/MUGA) – Distance Running & High Jump	Group 1: Athletics (Field/MUGA) – Shot Put	
	Group 2: Lacrosse (MUGA) – Passing, scooping, receiving	Group 2: Lacrosse (MUGA) – Shooting	Group 2: Cricket (MUGA) – Bowling	Group 2: Cricket (MUGA) – Batting	Group 2: Cricket (MUGA) – Fielding	
	Group 3: Table Tennis (SH) – Service, forehand shots	Group 3: Table Tennis (SH) – Backhand shots / smash	Group 3: Lacrosse (MUGA) – Passing, scooping, receiving	Group 3: Lacrosse (MUGA) – Shooting	Group 3: Lacrosse (Court) – Defensive Skills	
W/C	7 <sup>th</sup> 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	Cricket Rounders	Cricket Rounders	Cricket Rounders	Cricket Rounders	Cricket Rounders	Cricket Rounders
	Group 2: Cricket (MUGA) – Bowling – seam	Group 2: Cricket (MUGA) – Batting – Defensive guard	Group 2: Cricket (MUGA) – Fielding – ground and catching	Group 1: Cricket (Field/MUGA) – Wicket Keeping / Spinning the ball	Group 1: Cricket (Field/MUGA) – Batting attacking the ball	Group 1: Cricket (Field/MUGA) – Match Play
	Group 2: Rounders (Field/MUGA) – Bowling	Group 2: Rounders (Field/MUGA) - Batting	Group 2: Rounders (Field/MUGA) – Fielding	Group 2: Rounders (Field/MUGA) – Match Play	Group 2: Rounders (Field/MUGA) – Interhouse	Group 2: Rounders (Field/MUGA) – Match Play
	Group 3: Rounders (Field/MUGA) - Bowling	Group 3: Rounders (Field/MUGA) – Batting	Group 3: Rounders (Field/MUGA) - Fielding	Group 3: Rounders (Field/MUGA) - Match Play	Group 3: Rounders (Field/MUGA) – Interhouse	Group 3: Rounders (Field/MUGA) – Match Play