

Long Term Plan – Physical Education Year B 2022 – 2023

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Basketball</u></p> <p>Pupils will perform learned basketball skills and technique within competitive games.</p> <p>Once they have the technique to perform a chest pass, bounce pass and lay-up pupils will have the confidence and knowhow to apply these within a competitive situation.</p> <p>Pupils are to observe and evaluate their own/peer's performance to determine strengths and weaknesses.</p>	<p><u>Badminton</u></p> <p>Pupils will learn basic badminton techniques and skills which they will apply to a competitive situation.</p> <p>After mastering the overhead clear, drop shot and serve independently, they will use these Badminton skills decisively and strategically to play as a successful team.</p> <p>Required to evaluate their own/peer's performance to outline any strengths and weaknesses.</p>	<p><u>Hockey</u></p> <p>Pupils will be taught basic hockey techniques and apply them to competitive games.</p> <p>From the sweeping pass to the strategic placement of the ball, they will learn how to succeed at hockey as part of a team, building resilience and confidence.</p> <p>They will then be required to evaluate their own/peer's performance to highlight strengths and weaknesses.</p>	<p><u>Fitness</u></p> <p>Pupils will learn how to perform basic skills and techniques which they will apply to competition.</p> <p>From perfecting technique to identify their bodies limits, pupils will learn how to better themselves both mentally and physically.</p> <p>They will then be required to observe their own/peer's performance to highlight strengths and weaknesses.</p> <p>OAA Opportunities</p> <p>Pupils will access a range of team building activities.</p>	<p><u>Handball</u></p> <p>Pupils will build on basic throwing, catching and team strategy skills to further increase performance in preparation for competitive handball games.</p> <p>From fast paced running and catching to strategically placed passes, lobes and shots, pupils will have the opportunity to vastly improve their hand eye coordination, agility and overall health.</p> <p>They are then asked to evaluate own/peer's performance to select strengths and weaknesses.</p>	<p><u>Athletics</u></p> <p>Pupils will develop fundamental movement skills and continue to develop their strength, endurance, speed and flexibility in preparation for a sports day.</p> <p>From running and sprinting to jumping and throwing they will learn a range of techniques within specific activities and will continue to develop their knowledge of the warm-up, cool down, stretching, hydration, nutrition and recovery.</p> <p>They are to then evaluate their own/peer's performance to underline strengths and weaknesses.</p> <p>OAA Opportunities</p> <p>Pupils will access a range of activities such as canoeing and abseiling.</p>

Half Termly Career Focus

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Sport scientist Pupils will learn how sport scientists play a vital but sometimes unrecognised role in the sporting industry and what it takes to be one.</p> <p>They will complete a research task and learn about academic career paths.</p>	<p>PE teacher Pupils will learn and discuss the importance of PE within the national curriculum.</p> <p>They will act out the role of a PE teacher by attempting to lead a mini coaching session.</p>	<p>Physiotherapist Pupils will explore the role of a physiotherapist.</p> <p>They will learn about common sporting injuries and act out the role of a physiotherapist.</p>	<p>Personal trainer Pupils will discuss the role of a personal trainer.</p> <p>They will research vocational and academic career pathways.</p>	<p>Sports photographer Pupils will learn how digital photography is often shadowed by the intensity of sport.</p> <p>They will create a magazine or feature about the development of sports photography.</p>	<p>Elite athlete Pupils will learn how PE can influence a career in sport.</p> <p>They will research the day in a life of an elite athlete and compare their findings.</p>