

KS3: PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Gym/Fitness x 2 weeks Gymnastics x 2 weeks Dance x 2 weeks	Netball x 2 weeks Tennis x 2 weeks Volleyball x 2 weeks	Dodgeball x 2 weeks Badminton x 2 weeks Hockey x 2 weeks	Table tennis x 2 weeks Cricket x 2 weeks Boxercise x 2 weeks	Handball x 2 weeks Football x 2 weeks Basketball x 2 weeks	Athletics x 2 weeks Rounders x 2 weeks Outdoor adventure activities x 2 weeks
Knowledge	<ul style="list-style-type: none"> - Developing skills and performance. - Making and applying decisions in a specific sporting situation. - Learning a range of sports and the rules/regulations. - Understanding the link between physical/mental health. - Evaluating and improving individual and group performances. - Undertaking roles of a referee/umpire. 	<ul style="list-style-type: none"> - Developing skills and performance. - Making and applying decisions in a specific sporting situation. - Learning a range of sports and the rules. - Understanding the link between physical/mental health. - Evaluating and improving individual and group performances. - Undertaking roles of a referee/umpire. 	<ul style="list-style-type: none"> - Developing skills and performance. - Making and applying decisions in a specific sporting situation. - Learning a range of sports and the rules. - Understanding the link between physical/mental health. - Evaluating and improving individual and group performances. - Undertaking roles of a referee/umpire. 	<ul style="list-style-type: none"> - Developing skills and performance. - Making and applying decisions in a specific sporting situation. - Learning a range of sports and the rules. - Understanding the link between physical/mental health. - Evaluating and improving individual and group performances. - Undertaking roles of a referee/umpire. 	<ul style="list-style-type: none"> - Developing skills and performance. - Making and applying decisions in a specific sporting situation. - Learning a range of sports and the rules. - Understanding the link between physical/mental health. - Evaluating and improving individual and group performances. - Undertaking roles of a referee/umpire. 	<ul style="list-style-type: none"> - Developing skills and performance. - Making and applying decisions in a specific sporting situation. - Learning a range of sports and the rules. - Understanding the link between physical/mental health. - Evaluating and improving individual and group performances. - Undertaking roles of a referee/umpire.

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	<ul style="list-style-type: none"> - Understanding what a healthy, active lifestyle looks like. - Developing team building skills. - Be able to apply transferrable skills such as, hand eye coordination, passing, dribbling control and shooting in a range of sports. <p>Learn a range of movements and be able to put a sequence together in gymnastics and dance.</p>	<ul style="list-style-type: none"> - Understanding what a healthy, active lifestyle looks like. - Developing team building skills. - Be able to apply transferrable skills such as, hand eye coordination, passing, dribbling control and shooting in a range of sports. 	<ul style="list-style-type: none"> - Understanding what a healthy, active lifestyle looks like. - Developing team building skills. - Be able to apply transferrable skills such as, hand eye coordination, passing, dribbling control and shooting in a range of sports. 	<p>group performances.</p> <ul style="list-style-type: none"> - Undertaking roles of a referee/umpire. - Understanding what a healthy, active lifestyle looks like. - Developing team building skills. - Be able to apply transferrable skills such as, hand eye coordination, passing, dribbling control and shooting in a range of sports. 	<ul style="list-style-type: none"> - Understanding what a healthy, active lifestyle looks like. - Developing team building skills. - Be able to apply transferrable skills such as, hand eye coordination, passing, dribbling control and shooting in a range of sports. 	<ul style="list-style-type: none"> - Understanding what a healthy, active lifestyle looks like. - Developing team building skills. - Be able to apply transferrable skills such as, hand eye coordination, passing, dribbling control and shooting in a range of sports.
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