

## Long Term Plan – PE

| Autumn 1   | Autumn 2  | Spring 1   | Spring 2  | Summer 1   | Summer 2  |
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| <p><b>Unit 1:</b><br/><b>Health related exercise activity:</b><br/><b>Components of fitness</b></p> <ul style="list-style-type: none"> <li>• How can we train muscular endurance?</li> <li>• How can we train power?</li> <li>• How can we train balance?</li> <li>• Speed and Cardio respiratory Fitness</li> </ul> <p><b>Pupils will learn about</b></p> <ul style="list-style-type: none"> <li>• Concepts of power and plyometrics.</li> <li>• Pupils will be able to replicate some basic plyometric movements</li> <li>• Pupils will understand the basic concepts</li> </ul> | <p><b>Unit 2:</b><br/><b>Games activity:</b><br/><b>Developing fundamental and transferable skills</b></p> <ul style="list-style-type: none"> <li>• How is hand-eye coordination used in sport?</li> <li>• How is foot-eye coordination used in sport?</li> <li>• Moving in sport</li> <li>• How is whole body coordination used in sport?</li> <li>• <b>Pupils will learn</b> about whole body coordination, particularly in relation to basketball.</li> <li>• Pupils will demonstrate movement patterns that coordinate leg movements and arm movement in a sporting context.</li> </ul> | <p><b>Unit 3:</b><br/><b>Athletic activity:</b><br/><b>Acquiring techniques</b><br/><b>How to train for:</b></p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Speed and Agility</li> <li>• Jumping for Height and distance</li> <li>• Flexibility and Core strength</li> <li>• <b>Pupils will learn</b> to move with speed and control and have the ability to change direction.</li> <li>• Pupils will learn to jump accurately with agility and speed, whilst having a controlled body</li> <li>• Pupils will learn to develop flexibility and core strength.</li> <li>• Pupils will learn to accurately</li> </ul> | <p><b>Unit 4:</b><br/><b>Application of skills</b></p> <ul style="list-style-type: none"> <li>• How can sports skills be linked together?</li> </ul> <p><b>Pupils will learn:</b></p> <ul style="list-style-type: none"> <li>• To follow rules.</li> <li>• Pupils will learn to engage in and be motivated by competitive situations.</li> <li>• Pupils will learn to apply skills to an athletics circuit and maximise hand-eye coordination in sport.</li> <li>• Pupils will learn to show commitment and effort to an activity.</li> <li>• Pupils will learn to demonstrate high quality movement and</li> </ul> | <p><b>Unit 5:</b><br/><b>Outdoor and adventurous activities</b></p> <ul style="list-style-type: none"> <li>• How to follow instructions and develop problem solving skills</li> <li>• How to develop our observation and memory skills, as well as making decisions to solve problems.</li> </ul> <p><b>Pupils will learn:</b></p> <ul style="list-style-type: none"> <li>• How to develop our ability to break down a task, solve and review.</li> <li>• How to apply the life skills of creative thinking and fluency of ideas to solve problems.</li> </ul> | <p><b>Unit 6:</b><br/><b>Health related exercise activity:</b><br/><b>personalised fitness</b></p> <ul style="list-style-type: none"> <li>• How can monitoring heart rate be used to improve fitness?</li> <li>• What is resistance training?</li> <li>• What is high intensity interval training and aerobic Training.</li> </ul> <p><b>Pupils will learn about:</b></p> <ul style="list-style-type: none"> <li>• Using heart rate in training.</li> <li>• Pupils will learn to calculate training zones and track heart rate throughout exercise.</li> <li>• Pupils will learn to overcome personal challenge.</li> </ul> |

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| <p>of plyometric training.</p> <ul style="list-style-type: none"> <li>Pupils will learn about to resilience and knowledge of basic anatomy.</li> </ul> | <ul style="list-style-type: none"> <li>Pupils will learn about coping with pressure, resilience and independence.</li> </ul> | <p>throw in and at a target</p>   | <p>techniques.</p>  |  |  |
| <p><b>Focus: Health and wellbeing</b> Respectful relationships,</p>  | <p><b>Focus: British Values and Protected Characteristics.</b></p>   | <p><b>Focus: the protected characteristics of sex and disability.</b></p> | <p><b>Focus: Mental Health/Wellbeing. Protected characteristics race and religion</b></p> | <p><b>Focus: Mental Health/Wellbeing Protected characteristics British Citizenship</b></p> | <p><b>Focus: Mental Health/Physical and Mental Wellbeing</b></p> |