

## Long Term Plan



Key to Pathways: Inspire Explore Nurture Thrive Specialist Provision College

Inspire Pathway						
PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>KS3</b>	<p><b>HRF</b></p> <p>In this unit, pupils will accurately replicate individual technique and apply theoretical concepts into practice. Development and demonstration of these fitness techniques will be seen through circuits, aerobics, weight and continuous training. Opportunities to lead, coach and analyse others will enhance leadership and communication skills and can be formally assessed.</p>	<p><b>Net / Wall Games</b></p> <p>In this unit, pupils will demonstrate consistency, timing and fluency in the execution of strokes. Pupils will be able to demonstrate the essential elements of attack and defence with the intention of outwitting their opponents. In net games, it is the players aim to get the ball to land in the target area so that the opponent cannot return it. Pupils should be able to accurately score, coach &amp; officiate games.</p>	<p><b>Invasion Games</b></p> <p>In this unit, pupils will focus on developing team attacking and defending strategies and techniques. They will investigate the similarities and differences in different invasion games and use their knowledge, skill and understanding to develop the effectiveness of their play. In games activities, pupils select and apply their skills so that they can carry out tactics with the intention of outwitting their opponent(s). In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points.</p>	<p><b>Trampolining/Gymnastics</b></p> <p>In this unit, pupils will demonstrate skills and abilities individually and in combination. Pupils will incorporate control, precision and aesthetics into sequences showing creativity. Pupils will focus on the basic safety issues around the trampoline. Pupils will accurately replicate skills and movements individually and in combination focusing on the correct techniques. Pupils will show creativity, control, fluency and aesthetics in developed sequences. Students will evaluate and assess movements to improve sequences.</p>	<p><b>Athletics</b></p> <p>In this unit, pupils will enhance the replication and performance across all athletic disciplines. Development of techniques to enable candidates to perform in relation to the GCSE assessment criteria. Pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy. Opportunities to score and judge performance will enhance communication skills. Pupils should be provided the opportunity to be assessed in an official or coaching capacity.</p>	<p><b>Strike and field</b></p> <p>In this unit, pupils will continue to develop and progress from work covered in the P6-P8 SOW. Pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should begin to accurately score games.</p>

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<p><b>KS4- Entry Level</b></p>	<p><u>Circuit Training</u> Pupils will explore: <b>Skills:</b></p> <ul style="list-style-type: none"> <li>Identifying focus of training</li> <li>Design the training programme</li> <li>Preparation for training</li> <li>Evaluating and modifying of the training programme</li> <li>Quality of execution</li> </ul> <p><b>Decision making and rules:</b></p> <ul style="list-style-type: none"> <li>Selection and use of skills</li> <li>Applying tactics</li> <li>Awareness of rules and conventions</li> </ul>	<p><u>Table Tennis</u> Pupils will explore: <b>Skills</b></p> <ul style="list-style-type: none"> <li>Serving</li> <li>Return of serve</li> <li>Strokes</li> </ul> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>Selection and use of skill</li> <li>Applying tactics</li> <li>Awareness of rules and conventions</li> <li>Understanding of roles and positions</li> <li>Teamwork and communication</li> </ul>	<p><u>Football</u> Pupils will explore: <b>Skills</b></p> <p>Outfield players:</p> <ul style="list-style-type: none"> <li>Ball control</li> <li>Passing</li> <li>Shooting</li> <li>Dribbling</li> <li>Heading</li> <li>Tackling</li> </ul> <p>Goalkeeper:</p> <ul style="list-style-type: none"> <li>Ball control</li> <li>Passing</li> <li>Throwing</li> <li>Shot stopping</li> </ul> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>Selection and use of skills</li> <li>Applying tactics</li> <li>Awareness of rules and conventions</li> <li>Understanding of roles and positions</li> <li>Teamwork and communication</li> </ul>	<p><u>Trampolining</u> Pupils will explore: <b>Skills</b></p> <ul style="list-style-type: none"> <li>Shapes:</li> <li>Twists:</li> <li>Seat Drop</li> <li>Rotational movements</li> <li>Combined movements:</li> <li>Quality of execution</li> </ul> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>Selection and use of skills</li> <li>Applying compositional ideas</li> <li>Awareness of rules and conventions</li> </ul>	<p><u>Boccia</u> Pupils will explore: <b>Skills</b></p> <p>Sending</p> <ul style="list-style-type: none"> <li>Roll</li> <li>Lob</li> </ul> <p>Control of send:</p> <ul style="list-style-type: none"> <li>Length/width</li> <li>Speed</li> </ul> <p><b>Decision making and rules</b></p> <ul style="list-style-type: none"> <li>Selection and use of skills</li> <li>Applying tactics</li> <li>Awareness of rules and conventions</li> </ul>	<p><u>Rounders</u> Pupils will explore:</p>
	<p><u>Performance analysis</u> As part of the entry level qualification, pupils will participate in performance analysis sessions here they will need to analyse their own work, plus the work of others. These will be practical and theory based sessions.</p>					
<p><b>KS4 BTEC Sport and Active Leisure (Rolling LTP)</b></p>	<p><u>How the body works</u> Know the functions of the skeletal and muscular systems Know the functions of the cardiorespiratory systems Know the requirements of a healthy diet</p>			<p><u>Assisting a Leader of Sports or Active Leisure Activities to Plan and Deliver an Activity</u> Know the qualities and responsibilities needed for assisting a leader of a sports or active leisure activity Know the different parts of a sports or active leisure activity</p>		

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					Be able to assist in planning a sports or active leisure activity Be able to assist delivery of part of a sports and active leisure activity	
<b>KS4 BTEC Sport and Active Leisure (Rolling LTP)</b>	<u>Working in a Team</u> Understanding effective teamwork and how to contribute to a task Know the roles and responsibilities of team members Work positively as a member of a team Review own performance as a member of a team				<u>Physical activities for children</u> Know about physical activities for children Understand the role of the adult when children are involved in physical activities Be able to plan and prepare physical activities for children	
<b>Explore Pathway</b>						
	<b>Autumn</b>		<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer</b>	
<b>KS3</b>	<u>HRF</u> In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles. Pupils will gain an understanding of warm ups, cool downs and health importance through physical tasks. To reflect on the benefits that fitness events give to an individual and implications for future life.	<u>Net / Wall Games</u> In this unit pupils will aim to improve their individual technique. Pupils will develop their understanding of tactics and play shots within a rally more effectively and consistently. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In net games, it is the players aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should be able to accurately score and officiate tennis games.	<u>Invasion Games</u> In this unit pupils focus on how to use basic principles of attack and defense to plan strategy and tactics for invasion games. They will work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	<u>Trampolining/Gymnastics</u> In this unit pupils will demonstrate skills and abilities individually and in combination. Pupils will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Pupils will focus on the basic safety issues around the trampoline. Pupils will replicate skills and movements individually and in combination. Pupils will show control and fluency in developed	<u>Athletics</u> In this unit, pupils begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance. In athletic activities, pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy.	<u>Strike and field</u> In this unit pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should begin to accurately umpire games

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Thrive Pathway			
	Autumn	Spring	Summer
<b>KS3, KS4, KS5</b>	<p>Pupils will be grouped in ability. HA ability pupils will follow the explore pathway for KS3.</p> <p>Pupils will participate in a carousel throughout the year.</p> <p><u>Rebound Therapy</u> Pupils will participate in a rebound therapy award scheme throughout the year. This includes activities such as: Lies or sits on soft object on trampoline Enjoying being bounced while lying or sitting on beanbag Being bounced in back lying position – maintains shape</p> <p><u>Hydro therapy</u> Pupils will participate in a hydrotherapy award scheme throughout the year. This includes activities such as: Tolerate floating on the water with aid Movement in water supine and prone Relaxing in water supine and prone</p> <p><u>Sensory/Movement</u> Pupils will participate in a weekly sensory experience whilst accessing individual movement plans that will be compiled by the class teacher, key support staff and physiotherapists</p> <ul style="list-style-type: none"> <li>• Introductory (changes to suit the needs of the pupils within the new class)</li> <li>• Films</li> <li>• Christmas</li> <li>• Friendship</li> <li>• Space</li> <li>• Our favorite songs</li> <li>• Summer</li> </ul>		
College Pathway			
	Autumn	Spring	Summer
<b>KS5</b>	<p><u>Fitness</u> In this unit pupils focus on designing and implementing a circuit of exercises that will improve their fitness. Pupils must keep a record of their sessions.</p>	<p><u>Sport skills and participation</u> In this unit pupils focus on attending a coaching sessions on a regular basis. Pupils must keep a diary logging session and evidence of progress.</p>	<p><u>Personal exercise programme</u> In this unit pupils will devise and carry out a personal exercise programme. They will collect physical and psychological data before and after their programme. They must present their findings, including an evaluation of the effectiveness of your programme.</p>