

Long Term Plan - PE



Key to Pathways:

Inspire	Explore	Nurture	Thrive	Specialist Provision	College
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Inspire Pathway						
Key Stage 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 7,8,9	<p><u>HRF</u> 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><u>Invasion Games</u> 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><u>Trampolining/Gymnastics</u> 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><u>Net / Wall Games</u> 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 & officiate games.</p>	<p><u>Athletics</u> 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><u>Strike and field</u> 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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Key Stage 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 10, 11 Entry Level	<u>Circuit Training</u> Pupils will explore: Skills: <ul style="list-style-type: none"> Identifying focus of training Design the training programme Preparation for training Evaluating and modifying of the training programme Quality of execution Decision making and rules: <ul style="list-style-type: none"> Selection and use of skills Applying tactics Awareness of rules and conventions	<u>Invasion games</u> Pupils will explore: Skills Outfield players: <ul style="list-style-type: none"> Ball control Passing Shooting Dribbling Heading Tackling Goalkeeper: <ul style="list-style-type: none"> Ball control Passing Throwing Shot stopping Decision making and rules <ul style="list-style-type: none"> Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication 	<u>Trampolining</u> Pupils will explore: Skills <ul style="list-style-type: none"> Shapes: Twists: Seat Drop Rotational movements Combined movements: Quality of execution Decision making and rules <ul style="list-style-type: none"> Selection and use of skills Applying compositional ideas Awareness of rules and conventions 	<u>Table Tennis</u> Pupils will explore: Skills <ul style="list-style-type: none"> Serving Return of serve Strokes Decision making and rules <ul style="list-style-type: none"> Selection and use of skill Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication 	<u>Boccia</u> Pupils will explore: Skills Sending <ul style="list-style-type: none"> Roll Lob Control of send: <ul style="list-style-type: none"> Length/width Speed Decision making and rules <ul style="list-style-type: none"> Selection and use of skills Applying tactics Awareness of rules and conventions 	<u>Rounders</u> Pupils will explore: Skills: <ul style="list-style-type: none"> Batting Bowling Fielding Catching Sending Decision making and rules <ul style="list-style-type: none"> Selection and use of skills Applying tactics Understanding of roles and positions Teamwork and communication
	<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.					

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KS4 BTEC Sport and Active Leisure (Rolling LTP)	<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			<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 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		
KS4 BTEC Sport and Active Leisure (Rolling LTP)	<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		
Explore Pathway						
Key Stage 3	Autumn		Spring 1	Spring 2	Summer	
Yr 7,8,9,	<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	<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	<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	<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,	<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

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	and implications for future life.		movements individually and in combination. Pupils will show control and fluency in developed sequences. Students will evaluate and assess movements to improve sequences.	accurately score and officiate tennis games.	height, distance and accuracy.	accurately umpire games
Key Stage 4	Autumn	Spring 1	Spring 2	Summer	Key Stage 3	Autumn
Yr10,11 Entry Level	<p><u>Circuit Training</u> Pupils will explore:</p> <p>Skills:</p> <ul style="list-style-type: none"> Identifying focus of training Design the training programme Preparation for training Evaluating and modifying of the training programme Quality of execution <p>Decision making and rules:</p> <ul style="list-style-type: none"> Selection and use of skills Applying tactics 	<p><u>Invasion games</u> Pupils will explore:</p> <p>Skills</p> <p>Outfield players:</p> <ul style="list-style-type: none"> Ball control Passing Shooting Dribbling Heading Tackling <p>Goalkeeper:</p> <ul style="list-style-type: none"> Ball control Passing Throwing Shot stopping <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills Applying tactics Awareness of rules and conventions 	<p><u>Trampolining</u> Pupils will explore:</p> <p>Skills</p> <ul style="list-style-type: none"> Shapes: Twists: Seat Drop Rotational movements Combined movements: Quality of execution <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills Applying compositional ideas Awareness of rules and conventions 	<p><u>Table Tennis</u> Pupils will explore:</p> <p>Skills</p> <ul style="list-style-type: none"> Serving Return of serve Strokes <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skill Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication 	<p><u>Boccia</u> Pupils will explore:</p> <p>Skills</p> <p>Sending</p> <ul style="list-style-type: none"> Roll Lob <p>Control of send:</p> <ul style="list-style-type: none"> Length/width Speed <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills Applying tactics Awareness of rules and conventions 	<p><u>Rounders</u> Pupils will explore:</p> <p>Skills:</p> <ul style="list-style-type: none"> Batting Bowling Fielding Catching Sending <p>Decision making and rules</p> <ul style="list-style-type: none"> Selection and use of skills Applying tactics Understanding of roles and positions Teamwork and communication

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	<ul style="list-style-type: none">Awareness of rules and conventions	<ul style="list-style-type: none">Understanding of roles and positionsTeamwork and communication				
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Thrive Pathway			
	Autumn	Spring	Summer
KS3, KS4, KS5	<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 complied by the class teacher, key support staff and physiotherapists</p> <ul style="list-style-type: none"> Introductory (changes to suit the needs of the pupils within the new class) Films Christmas Friendship Space Our favorite songs Summer 		
College			
	Autumn	Spring	Summer
KS5	<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 the programme.</p>

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Nurture Pathway	
KS3 and KS4	The PE curriculum is tailored to reflect the ability of the group and the individual needs of the pupils. The PE curriculum is not taught as a discrete subject within the Nurture pathway at KS3. Students join their pathway or receive PE provision via 'Therapies'. At Key Stage 3 students access PE through a Core PE offer and/ or BTEC qualification, or Duke of Edinburgh. For those students who access their PE timetable within the main school, their curriculum follows the Inspire or Explore pathways they are accessing. The curriculum will also take account of individual pupils' SaLT and behaviour programmes.
Thrive Pathway	
KS3 and KS4	The Thrive Pathway has a bespoke curriculum which focuses on the development of pupils' communication and physical needs. Please refer to the Thrive Long Term Plan for a full overview of themes covered. For a number of these students, postural management is integrated throughout the day, to ensure changes of position and physio programmes are delivered daily.
Specialist Provision	
KS3 and KS4	Specialist Provision has a bespoke curriculum which focuses on the development of pupils' communication needs. The curriculum is tailored to reflect the interests and ability of the group and the needs of individual pupils. Please refer to the SP Long Term Plan for a full overview of themes covered. KS3 – pupils follow the Explore Pathway with a focus on key skills and communication, to support the developmental needs of our pupils with ASD. KS4 – pupils continue to develop their skills in Art through Arts Award which is a programme of study designed for ages 14-16 and offers a learner-centred, activity-based curriculum which reflects the needs and interests of our pupils. KS5 – students explore aspects of the creative arts through the Arts Award Discover. Through this, students continue to develop their skills in PE with a PE focus on communication and sensory experiences.
College Pathway	
Year 12	Year 12 Inspire and Explore students work towards the Physical criteria of the Duke of Edinburgh award. We aim to offer a varied curriculum, which offers students the experience of new sports and activities, which are different to the KS4 curriculum.
Yr13 & 14	In Year 12 & 13, Inspire and Explore students focus on a work related curriculum. They are able to choose 'Gym' as an Option and work towards gaining an Open Award qualification in 'Sport & Leisure'. Students learn to use and support customers to access a fully working gym. Thrive students continue to access a range of physical sessions, via Theme and Therapies. For a number of these students, postural management is integrated throughout the day, to ensure changes of position and physio programmes are delivered daily. In addition students have access to the Gym and attend as 'customers' being supported to access individualised programmes.

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