Class of 2025 GCSE - Physical Education

Long Term Plan 2021-22

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	**W/C 30/08**	**W/C 06/09**	**W/C 13/09**	**W/C 20/09**	**W/C 27/09**	**W/C 04/10**	**W/C 11/10**	**W/C 01/11**	**W/C 08/11**	**W/C 15/11**	**W/C 22/11**	**W/C 29/11**	**W/C 06/12**
		Learning intention Fitness testing: Data collection	**Learning intention** Fitness testing: Data collection	**Learning intention** Methods of training **DIRT**	**Learning intention** Methods of training	**Learning intention** Seasonal aspects of sport & Altitude Training	**Learning intention** Seasonal aspects of sport & Altitude Training **DIRT**	**Learning intention** Skill and ability & Classification of skills	**Learning intention** Skill and ability & Classification of skills	**Learning intention** Goal setting SMART target **DIRT**	**Learning intention** Goal setting SMART target	**C1 Assessment**	**DIRT**
		Remote Task: **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link
Cycle 2	**W/C 13/12**	**W/C 03/01**	**W/C 10/01**	**W/C 17/01**	**W/C 24/01**	**W/C 31/01**	**W/C 07/02**	**W/C 14/02**	**W/C 28/02**	**W/C 07/03**	**W/C 14/03**	**W/C 21/03**	**W/C 28/03**
	Learning intention Visual, verbal, manual & mechanical guidance	**Learning intention** Introduction to the controlled assessment **DIRT**	**Learning intention** Practical – Looking at sport choices. Badminton & Handball	**Learning intention** Practical – Badminton & Handball	**Learning intention** Practical – Badminton & Handball	**Learning intention** Practical mock assessment **DIRT**	**Learning intention** Controlled Assessment – Strengths and weaknesses	**Learning intention** Controlled Assessment - Strengths and weaknesses	**Learning intention** Controlled Assessment feedback **DIRT**	**Learning intention** Principles of training & methods of training	**Learning intention** Controlled assessment – Training programme	**Learning intention** Controlled assessment – Training programme **DIRT**	**Learning intention** Practical – Badminton
	Remote Task: **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link	**Remote Task:** **Resources:** Remote Learning Link
Cycle 3	**W/C 04/04**	**W/C 25/04**	**W/C 02/05**	**W/C 09/05**	**W/C 16/05**	**W/C 23/05**	**W/C 06/06**	**W/C 13/06**	**W/C 20/06**	**W/C 27/06**	**W/C 04/07**	**W/C 11/07**	**W/C 18/07**
	Learning intention Information Processing Model & Inverted-U Theory	**Learning intention** Visual, verbal, manual & mechanical guidance **DIRT**	**Learning intention** Motivation Intrinsic and extrinsic	**Learning intention** Feedback & Stress Management	**Learning intention** Barriers to groups Women, Ethnicity, Disability **DIRT**	**Learning intention** Commercialisation Sponsorship	**Learning intention** Arousal and Motivation	**Learning intention** Topic **DIRT**	**Learning intention** Topic	**Learning intention** Topic	**Learning intention** Topic **DIRT**	**Learning intention** Topic	**Learning intention** Topic
	Remote Task:	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**	**Remote Task:**

Resources: Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link	**Resources:** Remote Learning Link