

Class of 2028 - 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	
	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	
Cycle 1		Baseline Assessment LI: To assess prior learning/skill/fitness levels Baseline assessment - skills	Core Skills LI: To understand the fundamental core skills that cross a variety of sports Core Skills- Running/ Movement	Core Skills LI: To understand the fundamental core skills that cross a variety of sports Core Skills – Throwing/catching	Gymnastics LI: What factors make a balance aesthetically pleasing? Tag Rugby LI: What is the correct technique for the grip carry?	Gymnastics LI: What are the different ways to travel in gymnastics? Tag Rugby LI: What is the correct technique for the pop pass?	Gymnastics LI: What makes and effective sequence? Tag Rugby LI: What is the correct technique for side stepping a defender?	Gymnastics LI: How can cannon and unison be used to enhance a performance? Tag Rugby LI: What does a defensive line look Like ?	Gymnastics LI: What were the strengths and weaknesses of your performance? Tag Rugby How can you effectively use space when attacking?	Tag Rugby LI: What is the correct technique for the grip carry? Gymnastics LI: What factors make a balance aesthetically pleasing?	Tag Rugby LI: What is the correct technique for the pop pass Gymnastics LI: What are the different ways to travel in gymnastics?	Tag Ruby LI: What is the correct technique for side stepping a defender? Gymnastics LI: What makes and effective sequence?	Tag Rugby LI: What does a defensive line look Like ? Gymnastics LI: How can cannon and unison be used to enhance a performance?	
		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:	Resources:	Resources:	Resources:	Resources:	Resources:	Resources:	Resources:	Resources:	Resources:	Resources:	Resources:	Resources:
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	
	Sports hall Athletics LI: What is the correct technique for using a turning board? Football LI: What is the correct technique for dribbling in football?	Sports hall Athletics LI: What is the correct technique for throwing a javelin? Football LI: What is the correcting technique for passing in football?	Sports hall Athletics LI: What is the correct technique for throwing and indoor shot? Football LI: What is the correct technique /different ways to shoot in football?	Sports hall Athletics LI: What is the correct technique needed to perform a long jump? Football LI :What is the importance or marking and positioning in a game of football?	Sport shall Athletics LI: What are the different ways that you can perform a relay baton changeover? Football LI: What are the key tactics in used when attacking/defending in a game of football?	Sports hall Athletics LI: What were the strengths and weaknesses of you/your team? Football LI: What were the strengths and weaknesses of you/your team?	Sports hall Athletics LI: What were the strengths and weaknesses of you/your team? Football LI: What is the correct technique for using a turning board?	Football LI: What is the correcting technique for passing in football? Sports Hall Athletics LI: What is the correct technique for throwing a javelin?	Football LI: What is the correct technique /different ways to shoot in football? Sports Hall Athletics LI: What is the correct technique for throwing and indoor shot?	Football LI: What is the importance or marking and positioning in a game of football? Sports hall Athletics LI: What is the correct technique needed to perform a long jump?	Football LI: What are the key tactics in used when attacking/defending in a game of football? Sports Hall Athletics LI: What are the different ways that you can perform a relay baton changeover	Football LI: What were the strengths and weaknesses of you/your team? Sports H all Athletics LI: What were the strengths and weaknesses of you/your team?	Football LI: What were the strengths and weaknesses of you/your team? Sports Hall Athletics LI: What were the strengths and weaknesses of you/your team?	

