Class of 2027 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
		Football LI: What is the correct technique for passing/dribbling? **HRE** L.I: What are the components off fitness?	**Football** LI: What is the correct technique for long passing? **HRE** LI: What are the different methods of training?	**Football** LI: What is the correct technique for shooting ? **HRE** LI: What is meant by aerobic/anaerobic exercise ?	**Football** LI: What tactics can be used by attacking players ? **HRE** LI: What are the short long term effects of exercise on the body ?	**Football** LI: What tactics can be sued by defensive players ? **HRE** LI: How does the heart work ?	**Football** LI: What are yours /your teams strengths weaknesses. **HRE** LI :What are your areas of strength / weakness within fitness ?	**HRE** L.I: What are the components off fitness? **Football** What is the correct technique for passing/dribbling?	**HRE** LI: What are the different methods of training? **Football** What is the correct technique for long passing?	**HRE** LI: What is meant by aerobic/anaerobic exercise ? **Football** What is the correct technique for shooting ?	**HRE** LI: What are the short long term effects of exercise on the body ? **Football** What tactics can be used by attacking players ?	**HRE** LI: What are your areas of strength / weakness within fitness ? **Football** What tactics can be sued by defensive players ?	**HRE** LI :What are your areas of strength / weakness within fitness ? **Football** What are yours /your teams strengths weaknesses
		Remote Task: **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **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
	Hand Ball What are the 5 different types of passing **Tag Rugby** What is the correct technique for carrying the ball in rugby ?	**Hand Ball** What are the different techniques used for catching in handball ? **Tag Rugby** What is the correct technique for passing the ball ?	**Hand Ball** What is the correct technique for shooting ? **Tag Rugby** What is the correct procedure for tagging ?	**Hand Ball** What are the different techniques used in goal keeping ? **Tag Rugby** What are the tactics used for avoiding being tagged ?	**Hand Ball** What is the correct technique for defending ? **Tag Rugby** What are the tactics used to stop a person scoring ?	**Hand Ball** What were you/your teams strengths and weaknesses? **Tag Rugby** What were you/your teams strengths and weaknesses?	**Tag Rugby** What is the correct technique for carrying the ball in rugby ? **Handball** What are the 5 different types of passing ?	**Tag Rugby** What is the correct technique for passing the ball ? **Handball** What are the different techniques used for catching in handball ?	**Tag Rugby** What is the correct procedure for tagging ? **Handball** What is the correct technique for shooting ?	**Tag Rugby** What are the tactics used for avoiding being tagged ? **Handball** What are the different techniques used in goal keeping ?	**Tag Rugby** What are the tactics used to stop a person scoring ? **Handball** What is the correct technique for defending ?	**Tag Rugby** What were you/your teams strengths and weaknesses? **Handball** What were you/your teams strengths and weaknesses?	**Tag Rugby** What were you/your teams strengths and weaknesses? **Handball** What were you/your teams strengths and weaknesses?
	Remote Task: **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**

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
Soft Ball What are the different types of throw used in Softball ? **Cricket** What are the key fielding techniques used in cricket	**Soft Ball** What are the different fielding techniques **Cricket** What is the correct technique for bowling?	**Soft Ball** What are the key rules in softball ? **Cricket** What is the correct technique for batting ?	**Soft Ball** What is the correct technique for batting ? **Cricket** What is the correct technique for batting ?	**Soft Ball** What is the correct technique for batting ? **Cricket** component of fitness if most important in cricket?	**Soft Ball** What were your/your teams strengths and weaknesses. **Cricket** What are yours /your teams strengths weaknesses	**Cricket** What are the key fielding techniques used in cricket **Soft Ball** What are the different types of throw used in Softball ?	**Cricket** What is the correct technique for bowling? **Soft Ball** What are the different fielding techniques	**Cricket** What is the correct technique for batting ? **Soft Ball** What are the key rules in softball ?	**Cricket** What is the correct technique for batting ? **Soft Ball** What is the correct technique for batting ?	**Cricket** What is the correct technique for batting ? **Soft Ball** What is the correct technique for batting ?	**Cricket** component of fitness if most important in cricket? **Soft Ball** What were your/your teams strengths and weaknesses.	**Cricket** What are yours /your teams strengths weaknesses **Soft Ball** What were your/your teams strengths and weaknesses
Remote Task: **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**