

Class of 2024

Long Term Plan 2020-21



	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 24/08	W/C 31/08	W/C 07/09	W/C 14/09	W/C 21/09	W/C 28/09	W/C 05/10	W/C 12/10	W/C 02/11	W/C 09/11	W/C 16/11	W/C 23/11	W/C 30/11
Cycle 1	Induction	Dodgeball Which are the most effect throws in dodgeball? HRE What are the components off fitness?	Dodgeball What are the different ways you can avoid the ball ? HRE What are the different methods of training?	Dodgeball Which component of fitness is most beneficial ? HRE What is meant by aerobic/anaerobic exercise ?	Dodgeball What are the different tactics you could use (attacking/defending) HRE What are the short long term effects of exercise on the body ?	Dodgeball What are the different tactics you could use (attacking/defending) HRE How does the heart work ?	Dodgeball What are yours /your teams strengths weaknesses. HRE What are your areas of strength / weakness within fitness ?	HRE What are the components off fitness? Dodgeball Which are the most effect throws in dodgeball?	HRE What are the different methods of training? Dodgeball What are the different ways you can avoid the ball ?	HRE What is meant by aerobic/anaerobic exercise ? Dodgeball Which component of fitness is most beneficial ?	HRE What are the short long term effects of exercise on the body ? Dodgeball What are the different tactics you could use (attacking/defending)	HRE How does the heart work ? Dodgeball What are the different tactics you could use (attacking/defending)	HRE What are your areas of strength / weakness within fitness ? Dodgeball What are yours /your teams strengths weaknesses.
		Bank Hol Mon				Mock 1		Mock 1			Data Day Monday		
Cycle 2	W/C 07/12	W/C 14/12	W/C 04/01	W/C 11/01	W/C 18/01	W/C 25/01	W/C 01/02	W/C 08/02	W/C 22/02	W/C 01/03	W/C 08/03	W/C 15/03	W/C 22/03
	Basketball What is the correct technique for dribbling ? Football What is the correct technique for passing/dribbling?	Basketball Which passes are most effect, and when are they best used ? Football What is the correct technique for long passing?	Basketball What is the correct technique for marking/dodging? Football What is the correct technique for shooting ?	Basketball What is the correct technique for shooting? Football What tactics can be used by attacking players ?	Basketball When is a free throw given ? Football What tactics can be sued by defensive players ?	Basketball What are yours /your teams strengths weaknesses. Football What are yours /your teams strengths weaknesses.	Basketball What are yours /your teams strengths weaknesses. Football What are yours /your teams strengths weaknesses.	Football What is the correct technique for passing/dribbling? Basketball What is the correct technique for dribbling ?	Football What is the correct technique for long passing? Basketball Which passes are most effect, and when are they best used ?	Football What is the correct technique for shooting ? Basketball What is the correct technique for marking/dodging?	Football What tactics can be used by attacking players ? Basketball What is the correct technique for shooting?	Football What tactics can be sued by defensive players ? Basketball When is a free throw given ?	Football What are yours /your teams strengths weaknesses. Basketball What are yours /your teams strengths weaknesses.
				Training Day Monday			Mock 2				Data Day Tuesday		

Cycle 3	W/C 12/04	W/C 19/04	W/C 26/04	W/C 03/05	W/C 10/05	W/C 17/05	W/C 24/05	W/C 07/06	W/C 14/06	W/C 21/06	W/C 28/06	W/C 05/07	W/C 12/07
	Athletics What is the correct technique for sprinting Cricket What are the key fielding techniques used in cricket?	Athletics What are the key tactics used in middle distance running Cricket What is the correct technique for bowling?	Athletics What is the correct technique used in the shot putt? Cricket What is the correct technique for batting ?	Athletics What is the correct technique used in the long jump? Cricket What is the correct technique for batting ?	Athletics What are the different ways to execute a baton changeover ? Cricket What component of fitness is most important in cricket?	Athletics What are your strengths and weaknesses? Cricket What are yours /your teams strengths weaknesses	Cricket What are the key fielding techniques used in cricket Athletics What is the correct technique for sprinting	Cricket What is the correct technique for bowling? Athletics What are the key tactics used in middle distance running	Cricket technique for batting ? Athletics What is the correct technique used in the shot putt	Cricket technique for batting ? Athletics What is the correct technique used in the long jump?	Cricket What component of fitness is most important in cricket? Athletics What are the different ways to execute a baton changeover	Cricket What are yours /your teams strengths weaknesses Athletics What are your strengths and weaknesses?	House competitions
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