

Physical Education Long Term Planning

Term	Topic area	Assessment
Autumn	Indoor lessons will alternate from Rebound therapy and fitness testing in the gym. Outdoor lesson will alternate between football. Pupils will look at various skills and tactics and apply them within the sport.	Pupils will be assessed throughout the year on the following areas. <ul style="list-style-type: none"> • Developing Skills • Decision Making • Evaluating • Knowledge and understanding of health and fitness • Physical and mental capacity • Leadership in sport
Spring	Outdoor lessons will include, Cross country running, batting and racquet sports. Indoor lessons will be table tennis and badminton. Pupils will learn about the healthy body and how lifestyle factors can impact on performance.	Pupils will be assessed throughout the year on the following areas. <ul style="list-style-type: none"> • Developing Skills • Decision Making • Evaluating • Knowledge and understanding of health and fitness • Physical and mental capacity • Leadership in sport
Summer	Pupils participate in athletics training aiming for summer sports day. Pupils will also do cricket, rounders and cycling. Pupils will learn various techniques and work on self and peer assessment to help improve their performance.	Pupils will be assessed throughout the year on the following areas. <ul style="list-style-type: none"> • Developing Skills • Decision Making • Evaluating • Knowledge and understanding of health and fitness • Physical and mental capacity • Leadership in sport

Moving up from level to level

Level 3

Pupils select and use skills, actions and ideas appropriately, applying them with coordination and control. They show that they understand tactics and composition by starting to vary how they respond. They can see how their work is similar to and different from others' work, and use this understanding to improve their own performance. They give reasons why warming up before an activity is important, and why physical activity is good for their health.

Level 4

Pupils link skills, techniques and ideas and apply them accurately and appropriately. When performing, they show precision, control and fluency. They show that they understand tactics and composition. They compare and comment on skills, techniques and ideas used in their own and others' work, and use this understanding to improve their performance. They explain and apply basic safety principles when preparing for exercise. They describe how exercise affects their bodies, and why regular, safe activity is good for their health and wellbeing. They work with others to plan and lead simple practices and activities for themselves and others.

Level 5

Pupils select and combine skills, techniques and ideas and apply them accurately and appropriately in different physical activities. When performing in different physical activities, they consistently show precision, control and fluency. They show that they can draw on what they know about strategy, tactics and composition to produce effective outcomes. They modify and refine skills and techniques to improve their performance and adapt their actions in response to changing circumstances. They analyse and comment on skills, techniques and ideas and how these are applied in their own and others' work. They explain how the body reacts during different types of activity, and why physical activity is an essential component of a healthy lifestyle. They plan, organise and lead practices and activities safely, helping others' to improve their performance.

Level 6

Pupils select and combine skills, techniques and ideas and use them in a widening range of familiar and unfamiliar physical activities and contexts, performing with consistent precision, control and fluency. They use imaginative ways to solve problems, overcome challenges and entertain audiences. When planning their own and others' work, and carrying out their own work, they draw on what they know about strategy, tactics and composition in response to changing circumstances, and what they know about their own and others' strengths and weaknesses. They analyse and comment on how skills, techniques and ideas have been used in their own and others' work, and on compositional and other aspects of performance. They suggest ways to improve. They understand how the different components of fitness affect performance and explain how different types of exercise contribute to their fitness and health. They describe their involvement in regular, safe physical activity for the benefit of their health and wellbeing. When leading practices and activities, they apply basic rules, conventions and/or compositional ideas consistently.

Useful Resources

Description	Websites
Quizzes	www.bbc.co.uk/gcsebitesize
Interactive worksheets	www.teachpe.com www.educationforum.co.uk
GCSE bitesize	http://www.bbc.co.uk/schools/websites/11_16/site/pe.shtml http://www.pecentral.org/websites/websitemenu.html