

Core PE Curriculum Long Term Planning – SEPTEMBER 2021-JULY 2022

All pupils will experience 3 carousals per year, involving 3 sporting activities = 9 sporting activities. Carousal 1 (HT1/2), carousal 2 (HT3/4) and carousal 3 (HT5/6)

Year 10		HT1 + HT2	HT3 + 4	HT5 + 6
Key Stage 4 Core PE	Topic	Basketball, Fitness and Handball	Trampolining, Football and Badminton	Outdoor and Adventurous Activities, Volleyball and Tennis
	Why this and why now?	Handball is ideal to be taught outside during the first months of the year as the weather is not so cold. Doing handball during the coldest months of the year is not ideal as pupil's hands freeze and this affects pupil outcomes and enjoyment. We also consider Tameside competitions so programmes of study culminate in a Tameside competition where possible. Basketball season for example starts in October meaning we have the chance to prepare for competition.	Football is the best activity to do outside during this term, when the weather is at its worst. Trampolining and badminton work well in the sports hall as the trampolines take only a small section of the teaching space, meaning we are still able to maximise the indoor space and teaching and learning experience is enhanced as a result.	Activities such as tennis and athletics need good weather and are therefore delivered in summer term. There are Tameside competitions for athletics and tennis around this time of the year and delivering such activities during core time prepares pupils for competition.
	What is the essential knowledge that needs to be remembered?	<p>Basketball – These lessons centre on 5V5 games and will need pupils to remember the key skills and rules taught across Key Stage 3. Pupils will need to remember key strategy from previous learning such as full court, half court and zone defence.</p> <p>Fitness – pupils will need remember how to apply the principles of training developed across KS3 so they can adapt them when creating and performing their individual training programme.</p> <p>Handball – These lessons centre on 5V5, 6V6 or 7V7 games and require pupils to remember the key skills and rules taught across Key Stage 3. Pupils will need to remember key strategy from previous learning such as full court, half court and zone defence, similar to those employed in basketball.</p>	<p>Trampolining - These lessons centre on improving and developing their personal 10 bounce routine and pupils will need pupils to remember the key skills and teaching points taught across Key Stage 3 for example, the correct techniques for rotating skills. Some pupils may start to add front and back summersaults into their 10 bounce routines and therefore will need to remember how to perform quality front and back landings first.</p> <p>Football - These lessons centre on 5V5, 6V6 and 7V7 games and will need pupils to remember the key skills and rules taught across Key Stage 3. Pupils will need to remember key strategy from previous learning such as a quick break, width in attack, different defensive formations and a high press when without possession of the ball for example.</p> <p>Bad minton - These lessons centre on singles play using a full courts, where numbers allow. As a result, pupils will need to remember the key skills and rules taught across Key Stage 3. Pupils will need to remember key strategy, rules and techniques relating</p>	<p>Outdoor and Adventurous Activities – pupils will need to remember the key terms:- self-confidence, problem-solving, teamwork/collaboration from Y9 and apply these skills within their 4 OAA lessons.</p> <p>Volleyball – - These lessons centre on 5V5, 6V6 games and will need pupils to remember the key skills and rules taught across Key Stage 3. Pupils will need to remember key strategy from previous they will need to remember the key technique for digging – use both arms, hands fixed together, arms straight, use legs for greater power, steady swing of arms at shoulder setting and serving. For setting – use fingers and thumbs only, two hands, look through your camera, elbows out to the side, use legs for greater power. The rules around game play including max 3 touches, no bounce allowed. Formations for a small sided game up to a maximum of 6 depending on ability. Rules and key teaching points for the serve.</p> <p>Tennis-- These lessons centre on singles games on full-sized courts were possible. Pupils will need to remember the key skills and rules taught across Key Stage 3 such as how to perform forehand and backhand strokes, including an overhead serve. How to give constructive feedback to a partner central to key learning points of the strokes. How to</p>

Core PE Curriculum Long Term Planning – SEPTEMBER 2021-JULY 2022

All pupils will experience 3 carousals per year, involving 3 sporting activities = 9 sporting activities. Carousal 1 (HT1/2), carousal 2 (HT3/4) and carousal 3 (HT5/6)

		to the execution of both high and low serve, clears, smashes and net drop shots.	maintain a longer rally using better technique and control learnt across Key Stage 3.
What should the end point look like?	<p>Basketball – 5V5 games involving key strategy from previous learning such as full court, half court and zone defence. Pupils may be trying screen by this end point.</p> <p>Fitness – pupils will be applying the principles of training developed across KS3, adapting them when creating and performing their individual training programme.</p> <p>Handball - 5V5, 6V6 or 7V7 games with pupils applying the key skills and rules taught across Key Stage 3 including a full court/half court press and zone defence, similar to those employed in basketball.</p>	<p>Trampolining - 10 bounce routine by pupils using the key skills and teaching points taught across Key Stage 3. Some pupils may start to add front and back summersaults into their 10 bounce routines.</p> <p>Football - 5V5, 6V6 and 7V7 games, using the key skills and rules taught across Key Stage 3 - a quick break, width in attack, different defensive formations and a high press when without possession of the ball for example.</p> <p>Bad minton - Singles play using a full court, applying the key skills and rules taught across Key Stage 3. Pupils should be showing key strategy, rules and techniques relating to the execution of both high and low serve, clears, smashes and net drop shots.</p>	<p>Outdoor and Adventurous Activities – pupils will need to remember the key terms:- self-confidence, problem-solving, teamwork/collaboration from Y9 and apply these skills within their 4 OAA lessons. These lessons centre on full engagement, effort and enjoyment and pupils should be demonstrating greater leadership qualities as a result.</p> <p>Volleyball – Pupils will largely be playing 5V5, 6V6 games and should be performing the key technique for digging, setting and serving with greater consistency. The rules around game play including max 3 touches, no bounce allowed and formations for a small sided game up to a maximum of 6 depending on ability. Rules and key teaching points for the serve.</p> <p>Tennis - These lessons centre on singles games on full-sized courts where possible and pupils should be performing strokes such as forehand, backhand strokes and should include an overhead serve. Pupils should be maintaining longer rallies using better technique and control learnt across Key Stage 3.</p>
What is the assessment intent and how will you assess?	Developmental formative feedback on performance and technique through informal and continuous assessment.	Developmental formative feedback on performance and technique through informal and continuous assessment.	Developmental formative feedback on performance and technique through informal and continuous assessment.
How does it cover the NC	<p>Use a range of tactics and strategies to overcome opponents through Handball and Basketball.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best as with Fitness Training</p>	<p>Use a range of tactics and strategies to overcome opponents through badminton.</p> <p>Develop their technique and improve their performance in other competitive sports [for example trampolining and dance</p>	<p>Use a range of tactics and strategies to overcome opponents through in Volleyball and Tennis.</p> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>

Core PE Curriculum Long Term Planning – SEPTEMBER 2021-JULY 2022

All pupils will experience 3 carousals per year, involving 3 sporting activities = 9 sporting activities. Carousal 1 (HT1/2), carousal 2 (HT3/4) and carousal 3 (HT5/6)

Year 11		HT1 + HT2	HT3 + 4	HT5 ONLY
Key Stage 4 Core PE	Topic	Basketball, Fitness and Handball	Trampolining, dance and badminton	Outdoor and Adventurous Activities, Volleyball and Tennis
	Why this and why now?	Handball is ideal to be taught outside during the first months of the year as the weather is not so cold. Doing handball during the coldest months of the year is not ideal as pupil's hands freeze and this affects pupil outcomes and enjoyment. We also consider Tameside competitions so programmes of study culminate in a Tameside competition where possible. Basketball season for example starts in October meaning we have the chance to prepare for competition.	Football is the best activity to do outside during this term, when the weather is at its worst. Trampolining and badminton work well in the sports hall as the trampolines take only a small section of the teaching space, meaning we are still able to maximise the indoor space and teaching and learning experience is enhanced as a result.	Activities such as tennis and athletics need good weather and are therefore delivered in summer term. There are Tameside competitions for athletics and tennis around this time of the year and delivering such activities during core time prepares pupils for competition.
	What is the essential knowledge that needs to be remembered?	<p>Basketball – Following on from Y10 where pupils are playing in full games, pupils will continue to have lessons centred on 5V5 games. Pupils will need to remember the key skills and rules taught over the last 4 years, remembering key strategy from previous learning such as full court, half court and zone defence.</p> <p>Fitness – Following on from Y10 where pupils followed their own individual training goals, pupils will need to remember the key principles of training when working through their individual training programme.</p> <p>Handball – Following on from Y10 where pupils are playing in full games, pupils will continue to have lessons centred on 5V5, 6V6 or 7V7 games. Pupils are required to remember the key skills and rules taught over the past 4 years, remembering key strategy from previous learning such as full court, half court and zone defence, similar to those employed in basketball.</p>	<p>Trampolining - These lessons centre on improving and developing their personal 10 bounce routine and pupils will need pupils to remember the key skills and teaching points taught across Key Stage 3 for example, the correct techniques for rotating skills. Some pupils may start to add front and back summersaults into their 10 bounce routines and therefore will need to remember how to perform quality front and back landings first.</p> <p>Football - Following on from Y10 where pupils are playing in full games, pupils will continue to have lessons centred on 5V5, 6V6 and 7V7 games. Pupils will need pupils to remember the key skills and rules taught over the past 4 years and remember key strategy from previous learning such as a quick break, width in attack, different defensive formations and a high press when without possession of the ball for example.</p> <p>Badminton - Following on from Y10 where pupils are playing constant singles games, pupils will need to remember the key skills and rules taught over the last 4 years. Pupils will need to remember key strategy, rules and techniques relating to the execution of both high and low serve, clears, smashes and net drop shots.</p>	<p>Outdoor and Adventurous Activities – pupils will need to remember the key terms:- self-confidence, problem-solving, teamwork/collaboration from Y9&10 and apply these skills within their 4 OAA lessons.</p> <p>Volleyball – Following on from Y10 where pupils are playing in full games, pupils will continue to have lessons centred on 5V5, 6V6 games and will need pupils to remember the key skills and rules taught across Key Stage 3. Pupils will need to remember key strategy from previous they will need to remember the key technique for digging – use both arms, hands fixed together, arms straight, use legs for greater power, steady swing of arms at shoulder setting and serving. For setting – use fingers and thumbs only, two hands, look through your camera, elbows out to the side, use legs for greater power. The rules around game play including max 3 touches, no bounce allowed. Formations for a small sided game up to a maximum of 6 depending on ability. Rules and key teaching points for the serve.</p> <p>Tennis - Following on from Y10 where pupils are playing in singles games, pupils will continue to have lessons centred on full-sized courts were possible. Pupils will need to remember the key skills and rules taught over past 4 years such as how to perform forehand and backhand strokes, including an overhead serve. How to give constructive feedback to a partner central to key learning points of the strokes. How to maintain a longer rally using better technique and control.</p>

Core PE Curriculum Long Term Planning – SEPTEMBER 2021-JULY 2022

All pupils will experience 3 carousals per year, involving 3 sporting activities = 9 sporting activities. Carousal 1 (HT1/2), carousal 2 (HT3/4) and carousal 3 (HT5/6)

<p>What should the end point look like?</p>	<p>Basketball – 5V5 games. Pupils will be applying the key skills and rules taught over the last 4 years, remembering key strategy from previous learning such as full court, half court and zone defence.</p> <p>Fitness – pupils will be applying the principles of training developed across the last 4 years, adapting them when creating and performing their individual training programme.</p> <p>Handball - 5V5, 6V6 or 7V7 games with pupils applying the key skills and rules taught across Key Stage 3 including a full court/half court press and zone defence, similar to those employed in basketball.</p>	<p>Trampolining - 10 bounce routine by pupils using the key skills and teaching points taught in previous 4 years. Some pupils may start to add front and back summersaults into their 10 bounce routines.</p> <p>Football - 5V5, 6V6 and 7V7 games, using the key skills and rules taught previously - a quick break, width in attack, different defensive formations and a high press when without possession of the ball for example.</p> <p>Bad minton - Singles play using a full court, applying the key skills and rules taught previously. Pupils should be showing key strategy, rules and techniques relating to the execution of both high and low serve, clears, smashes and net drop shots.</p>	<p>Outdoor and Adventurous Activities – pupils will need to remember the key terms:- self-confidence, problem-solving, teamwork/collaboration from Y9 and apply these skills within their 4 OAA lessons. These lessons centre on full engagement, effort and enjoyment and pupils should be demonstrating greater leadership qualities as a result.</p> <p>Volleyball – Pupils will largely be playing 5V5, 6V6 games and should be performing the key technique for digging, setting and serving with greater consistency. The rules around game play including max 3 touches, no bounce allowed and formations for a small sided game up to a maximum of 6 depending on ability. Rules and key teaching points for the serve.</p> <p>Tennis - These lessons centre on singles games on full-sized courts were possible and pupils should be performing strokes such as forehand, backhand strokes and should include an overhead serve. Pupils should be maintaining longer rallies using better technique and control learnt across Key Stage 3.</p>
<p>What is the assessment intent and how will you assess?</p>	<p>Developmental formative feedback on performance and technique through informal and continuous assessment.</p>	<p>Developmental formative feedback on performance and technique through informal and continuous assessment.</p>	<p>Developmental formative feedback on performance and technique through informal and continuous assessment.</p>
<p>How does it cover the NC</p>	<p>Use a range of tactics and strategies to overcome opponents through Handball and Basketball.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best as with Fitness Training</p>	<p>Use a range of tactics and strategies to overcome opponents through badminton.</p> <p>Develop their technique and improve their performance in other competitive sports [for example trampolining and dance</p>	<p>Use a range of tactics and strategies to overcome opponents through in Volleyball and Tennis.</p> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>

Core PE Curriculum Long Term Planning – SEPTEMBER 2021-JULY 2022

All pupils will experience 3 carousals per year, involving 3 sporting activities = 9 sporting activities. Carousal 1 (HT1/2), carousal 2 (HT3/4) and carousal 3 (HT5/6)