

## Archbishop Beck Catholic College Long Term Plan for Physical Education

**Year 10 2023/2024**

Students will engage in a carousel of 6 activities throughout the academic year.

Autumn Half Term 1	Half Term 2	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <p>OAA - Orienteering and team challenges</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining</p> <p>Football</p> <p>Fitness</p> <p>Basketball</p>	<p>Topic Areas to be covered:</p> <p>OAA - Orienteering and team challenges</p> <p>Netball</p> <p>Badminton</p> <p>Hockey</p> <p>Trampolining</p> <p>Fitness</p> <p>Basketball</p> <p><b>1 week - Interform</b></p>	<p>Components of fitness (agility, stamina, balance, coordination, flexibility and strength, power, speed and strength)</p> <p>Communication</p> <p>Respect</p> <p>Outwit opponents</p> <p>Interception</p> <p>Compass</p> <p>Aesthetically pleasing</p> <p>Evaluate</p> <p>Empathy</p>
Spring Half Term 3	Half Term 4	
<p>Topic Areas to be covered:</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining</p> <p>Fitness</p> <p>Basketball</p> <p>Hockey</p> <p>OAA</p>	<p>Topic Areas to be covered:</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining</p> <p>Fitness</p> <p>Basketball</p> <p>Hockey</p> <p>OAA</p> <p><b>1 week - Interform</b></p>	<p>Decision making</p> <p>Officials</p> <p>Physical and emotional well-being</p> <p>Analyse</p> <p>Constructive feedback</p> <p>Training methods - Weight, circuit, HIIT, fartlek, interval and continuous</p> <p>Fitness tests</p> <p>Mindfulness</p> <p>Nutrients</p> <p>Leadership</p> <p>Teamwork</p>

<b>Summer Half Term 5</b>	<b>Half Term 6</b>	
<p>Topic Areas to be covered:</p> <p>Track and field athletics Striking and Fielding -Rounders, cricket, or softball Tennis</p>	<p>Topic Areas to be covered:</p> <p>Track and field athletics Striking and Fielding -Rounders, cricket, or softball Tennis Inter-form activities <b>1 week - National Schools' Sports Week</b></p>	<p>Tactics Strategies</p> <p><b>Reading Opportunities</b> - <b>Monthly PE Bulletin</b></p>

## Year 10

<b>Cultural Capital Experiences throughout the Academic Year</b>	<b>Learning Characteristics instilled in the curriculum</b>	<b>Career Opportunities</b>
<p>Orienteering experiences at Croxteth Park OAA Team Building Day OAA Activities Day at Lord Derby Estate, Knowsley Term 3 w/c 1<sup>st</sup> July</p> <p>Wimbledon residential Trip - July 2024 TBC including a trip to London Ski Trip, Italy Bormio March 2023</p> <p>Opportunities to represent the school in Trampolining, Netball, Rounders, Tennis, Athletics - indoor and outdoor, Football and Basketball. Term 1,2&amp;3</p>	<p><b>Confidence</b> - Oracy skills, working with others, leading parts of the lesson. Provide opportunities to try new sports/activities.</p> <p><b>Positive</b> - Recognition of success, Leadership Skills, Encouragement</p> <p><b>Respectful</b> - Adhering to rules, respecting the official's decision, respecting others.</p> <p><b>Physical, mental and social well-being</b></p> <p><b>Team work and confidence building</b> - working with others to solve problems and overcome fears</p>	<p>Athlete mentor visit</p> <p>The Smiths visit</p> <p>David Lloyd visit</p>

### Metacognition Methods applied in Teaching

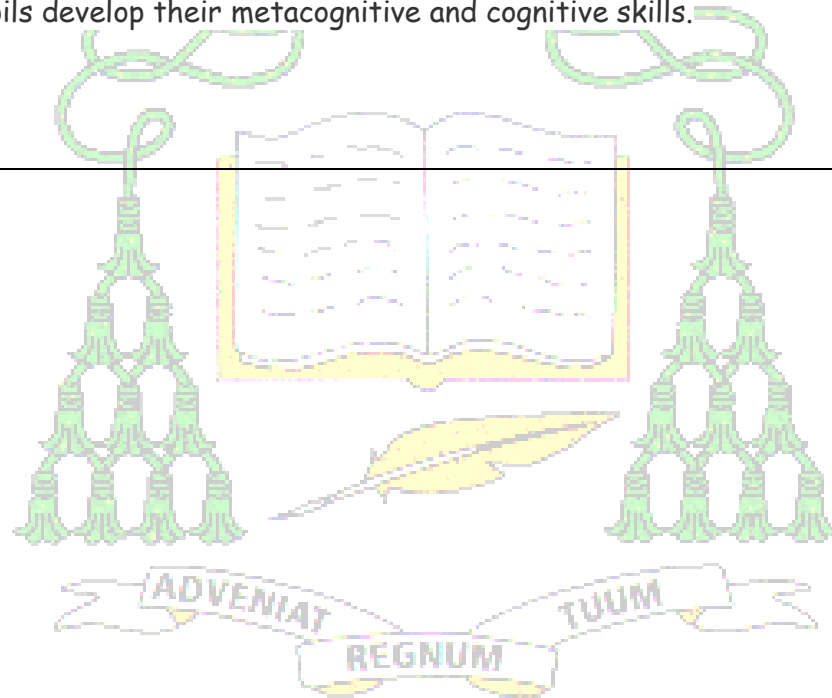
Learners are aware of their strengths and weaknesses, and can motivate themselves to engage in, and improve, their learning.

Provide learners the opportunity to plan and evaluate their learning and parts of the lesson.

Explicitly teach pupils metacognitive strategies including how to plan, monitor and evaluate their learning.

Model your own thinking to help pupils develop their metacognitive and cognitive skills.

Modelling through demonstrations.



## Archbishop Beck Catholic College Long Term Plan for Physical Education

**Year 11 2023/2024**

<b>Autumn Half Term 1</b>	<b>Half Term 2</b>	<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:</p> <p><b><u>Practical PE</u></b></p> <p>Trampolining / Fitness / Netball / Football / Badminton / Basketball / 3 x 4 weeks block of activity over the full term.</p> <p style="text-align: center;"><b><u>OR</u></b></p> <p><b><u>Unit R181 - Applying the principles of training</u></b></p> <p>Topic 1: Components of fitness applied to sport.</p> <p>Topic 2: Principles of training in sport.</p>	<p>Topic Areas to be covered:</p> <p><b><u>Practical PE</u></b></p> <p>Trampolining / Fitness / Netball / Football / Badminton / Basketball / 3 x 4 weeks block of activity over the full term.</p> <p style="text-align: center;"><b><u>OR</u></b></p> <p><b><u>Unit R181 - Applying the principles of training</u></b></p> <p>Topic 3: Organising and planning a fitness training programme.</p> <p>Topic 4: Evaluate own performance in planning and delivery of a fitness training programme.</p>	<p>Making links with theory content to secure understanding - anatomical muscle names, training methods used in each sport, risks and hazards and ways to minimise risks, injuries in sport. Fitness testing, interpreting results, training principles.</p> <p>Reading opportunities - sport journals, sport bulletin, newspaper articles.</p> <p>Training Principles - Progression / specificity / reversibility / moderation / variance</p> <p>Training methods - aerobic &amp; anaerobic</p> <p>Components of fitness - strength/power/ agility / balance / flexibility / muscular endurance / stamina</p> <p>Training methods - power / balance / agility</p> <p>Fitness testing and training programme</p>
<b>Spring Half Term 3</b>	<b>Half Term 4</b>	
<p>Topic Areas to be covered:</p> <p><b><u>Practical PE</u></b></p> <p>Trampolining / Fitness / Netball / Football / Badminton / Basketball / Rounders/Softball/Cricket</p>	<p>Topic Areas to be covered:</p> <p><b><u>Practical PE</u></b></p> <p>Trampolining / Fitness / Netball / Football / Badminton / Basketball / Rounders/Softball/Cricket</p>	

<p>3 x 4 weeks block of activity over the full term.</p> <p style="text-align: center;"><u>OR</u></p> <p><u>Unit R180 - Reducing the risks of sports injuries and dealing with common medical conditions</u></p> <p>Topic 1: Different factors which influence the risk and severity of injury.</p> <p>Topic 2: Warm up and cool down routines.</p> <p>Topic 3: Different types and causes of sports injuries.</p>	<p>3 x 4 weeks block of activity over the full term.</p> <p style="text-align: center;"><u>OR</u></p> <p><u>Unit R180 - Reducing the risks of sports injuries and dealing with common medical conditions</u></p> <p>Topic 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.</p> <p>Topic 5: Causes, symptoms and treatment of medical conditions.</p>	<p>Intrinsic and extrinsic factors</p> <p>Warm up and cool down</p> <p>Physiological and Psychological</p> <p>Cardio-Respiratory and Musculo-Skeletal Systems</p> <p>Acute and Chronic injuries</p> <p>Symptoms and Treatment of injuries</p> <p>Responding to injuries and common medical conditions</p> <p>Treatment of injuries</p>
<p style="text-align: center;"><b>Summer Half Term 5</b></p> <p><u>Practical PE</u></p> <p>Trampolining / Fitness / Netball / Football / Badminton / Basketball / Rounders /Cricket/Softball</p> <p>3 x 4 weeks block of activity over the full term.</p> <p style="text-align: center;"><u>OR</u></p> <p><b>Pupil intervention</b></p> <ul style="list-style-type: none"> <li>- Students to complete outstanding coursework tasks or improve grade to a higher level.</li> </ul>	<p style="text-align: center;"><b>Half Term 6</b></p> <p>Topic Areas to be covered:</p> <p>COURSE COMPLETE</p> <p>GCSE EXAMINATIONS - R180 Examination</p>	

## Year 11

Cultural Capital Experiences throughout the Academic Year	Learning Characteristics instilled in the curriculum	Career Opportunities
<p>Level 1 Intra-school competitions</p> <p>Level 2 Inter-school competitions</p> <p>Wimbledon Residential Trip - 2024 TBC</p> <p>University Trips</p>	<p><b>Confidence</b> - Oracy skills, working with others, leading parts of the lesson. Provide opportunities to try new sports/activities.</p> <p><b>Positive</b> - Recognition of success, Leadership Skills, Encouragement</p> <p><b>Respectful</b> - Adhering to rules, respecting the official's decision, empathy.</p>	<p>Careers week in PE</p> <p>Athlete mentor visit</p> <p>The Smiths visit</p> <p>University visits</p>

Metacognition Methods applied in Teaching
<p>Learners are aware of their strengths and weaknesses, and can motivate themselves to engage in, and improve, their learning.</p> <p>Provide learners the opportunity to plan and evaluate their learning and parts of the lesson.</p> <p>Explicitly teach pupils metacognitive strategies including how to plan, monitor and evaluate their learning.</p> <p>Model your own thinking to help pupils develop their metacognitive and cognitive skills.</p> <p>Modelling through demonstrations.</p>