

Archbishop Beck Catholic College Long Term Plan for Physical Education

Year 7

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/Gymnastics</p> <p>Hockey</p> <p>Fitness</p> <p>Basketball</p> <p>Rugby</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/Gymnastics</p> <p>Fitness</p> <p>Basketball</p> <p>Rugby</p> <p>1 week - Interform</p>	<p>Enjoyment</p> <p>Heart rate</p> <p>Warm up</p> <p>Cool down</p> <p>Technique</p> <p>Attack</p> <p>Defence</p> <p>Resilience</p> <p>Navigate</p> <p>Body tension</p> <p>Components of fitness (agility, stamina, balance, coordination, flexibility and strength, power, speed and strength)</p> <p>Communication</p> <p>Respect</p> <p>Reading Opportunities</p> <p>- Monthly PE Bulletin</p>
Spring Half Term 3	Half Term 4	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining/Gymnastics</p>	<p>Topic Areas to be covered:</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining/Gymnastics</p>	

Fitness Basketball Hockey OAA Rugby Swimming - non swimmer focus group	Fitness Basketball Hockey OAA Rugby Swimming - non swimmer focus group 1 week - Interform	
Summer Half Term 5	Half Term 6	Key Vocabulary/Reading Opportunities
Topic Areas to be covered: Track and field athletics Striking and Fielding -Rounders, cricket, or softball Short tennis	Topic Areas to be covered: Track and field athletics Striking and Fielding -Rounders, cricket, or softball Short tennis Inter-form activities 1 week - National Schools' Sports Week	

Year 7

Cultural Capital Experiences throughout the Academic Year	Learning Characteristics instilled in the curriculum	Career Opportunities
Orienteering experiences at Croxteth Park OAA Team Building Day OAA Activities Day at Lord Derby Estate, Knowsley Term 3 w/c 1 st July Wimbledon residential Trip - July 2024 TBC including a trip to London Ski Trip, Italy Bormio March 2023	Confidence - Oracy skills, working with others, leading parts of the lesson. Provide opportunities to try new sports/activities. Positive - Recognition of success, Leadership Skills, Encouragement	Please stipulate term and approx. date. Athlete mentor visit The Smiths visit David Lloyd visit

<p>St Georges Park Experience for G/T footballers</p> <p>Opportunities to represent the school in Trampolining, Netball, Rounders, Tennis, Athletics - indoor and outdoor, Football and Basketball. Term 1,2&3</p> <p>Girls and Boys Sports Challenge</p>	<p>Respectful - Adhering to rules, respecting the officials decision, respecting.</p>	
<p>Metacognition Methods applied in Teaching</p> <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>		

Archbishop Beck Catholic College Long Term Plan for Physical Education

Year 8

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>Hockey</p> <p>Netball</p> <p>Physical health and fitness - continuous training and fitness. Testing, HIIT, Fartlek and interval</p> <p>Badminton</p> <p>OAA</p> <p>Hockey</p> <p>Rugby</p> <p>Trampolining/Gymnastics</p> <p>Volleyball</p>	<p>Topic Areas to be covered:</p> <p>Hockey</p> <p>Netball</p> <p>Physical health and fitness - continuous training and fitness. Testing, HIIT, Fartlek and interval.</p> <p>Badminton</p> <p>OAA</p> <p>Hockey</p> <p>Rugby</p> <p>Trampolining/Gymnastics</p> <p>Volleyball</p> <p>1 week - Interform</p>	<p>Outwit opponent</p> <p>Interception</p> <p>Compass</p> <p>Routine</p> <p>Aesthetically pleasing</p> <p>Evaluate</p> <p>Feedback</p> <p>Empathy</p> <p>Decision making</p> <p>Anatomical muscle names - bicep, triceps, hamstring, quadriceps, gluteal, abdominals, and gastrocnemius.</p> <p>Officials</p> <p>Physical and emotional well-being</p> <p>Reading Opportunities</p> <p>- Monthly PE Bulletin</p>

Spring Half Term 3	Half Term 4	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <p>Badminton</p> <p>Hockey.</p> <p>OAA</p> <p>Trampolining/Gymnastics</p> <p>Rounders</p> <p>Rugby</p> <p>Basketball</p> <p>Volleyball</p> <p>Physical health and fitness - continuous training and fitness. Testing, HIIT, Fartlek and interval.</p>	<p>Topic Areas to be covered:</p> <p>Trampolining/Gymnastics</p> <p>Badminton.</p> <p>Hockey.</p> <p>OAA</p> <p>Rounders</p> <p>Rugby</p> <p>Basketball</p> <p>Volleyball</p> <p>Physical health and fitness - continuous training and fitness. Testing, HIIT, Fartlek and interval.</p> <p>1 week - Interform</p>	
Summer Half Term 5	Half Term 6	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <p>Tennis</p> <p>Athletics</p> <p>Striking and Fielding -Rounders, cricket, or softball</p> <p>Interform sports day</p>	<p>Topic Areas to be covered:</p> <p>Tennis</p> <p>Athletics</p> <p>Striking and Fielding -Rounders, cricket, or softball</p> <p>1-week National Schools' Sports Week</p>	

Year 8

Cultural Capital Experiences throughout the Academic Year	Learning Characteristics instilled in the curriculum	Career Opportunities
<p>OAA visit to Croxteth Country Park Level 1 Intra-school competitions Level 2 Inter-school competitions Wimbledon residential Trip - July 2024 TBC</p> <p>Ski Trip, Italy Bormio - March 2023 Netball residential trip Term 2 Date TBC</p>	<p>Confidence - Oracy skills, working with others, leading parts of the lesson. Provide opportunities to try new sports/activities.</p> <p>Positive - Recognition of success, Leadership Skills, Encouragement</p> <p>Respectful - Adhering to rules, respecting the official's decision, respecting.</p> <p>Physical, mental and social well-being</p> <p>Team work and confidence building - working with others to solve problems and overcome fears</p>	<p>Please stipulate term and approx. date.</p> <p>Athlete mentor visit</p> <p>The Smiths visit Croxteth Park visit</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>		

Archbishop Beck Catholic College Long Term Plan for Physical Education

Year 9

Students will engage in a carousel of 6 activities throughout the academic year. Each block will be 6 weeks

Autumn Half Term 1	Half Term 2	Key Vocabulary
<p>Topic Area 1 to be covered:</p> <p>Netball Football Basketball Physical health and fitness Badminton Trampolining Tennis Volleyball</p>	<p>Topic Area 2 to be covered:</p> <p>Netball Football Basketball Physical health and fitness Badminton Trampolining Tennis Volleyball 1 week inter form last week of term</p>	<p>Analyse Constructive feedback Risks and hazards Training methods - Weight, circuit, HIIT, fartlek, interval and continuous Fitness tests Mindfulness Nutrients Leadership Teamwork Tactics Strategies Reading Opportunities - Monthly PE Bulletin</p>
Spring Half Term 3	Half Term 4	Key Vocabulary
<p>Topic Area 1 to be covered:</p> <p>Netball Football Basketball</p>	<p>Topic Area 2 to be covered:</p> <p>Netball Football Basketball</p>	

Physical health and fitness Badminton Trampolining Tennis Volleyball	Physical health and fitness Badminton Trampolining Tennis Volleyball 1 week - interform	
Summer Half Term 5	Half Term 6	Key Vocabulary
Athletics Striking and Fielding -Rounders, cricket, or softball Tennis Rounders	Athletics Striking and Fielding -Rounders, cricket, or softball Tennis Rounders 1 week - National Schools' Sports Week	

Year 9

Capital Cultural Experiences throughout the Academic Year	Learning Characteristics instilled in the curriculum	Career Opportunities
OAA Activities Day at Lord Derby Estate,	Confidence - Oracy skills, working with others, leading parts of the lesson.	Please stipulate term and approx. date.
Williams BMW Liverpool International tennis Tournament - June	Provide opportunities to try new sports/activities.	Athlete mentor visit
Wimbledon residential Trip -2024 TBC including a trip to London	Positive - Recognition of success, Leadership Skills, Encouragement	The Smiths visit
Netball residential trip Term 2 Date TBC		David Lloyd visit

<p>Ski Trip, Italy Bormio March January 2023</p> <p>Opportunities to represent the school in Trampolining, Netball, Rounders, Tennis, Athletics - indoor and outdoor, Football and Basketball. Term 1,2&3</p>	<p>Respectful - Adhering to rules, respecting the officials decision, respecting.</p>	
<p>Metacognition Methods applied in Teaching</p> <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>		