



# Archbishop Beck Catholic College

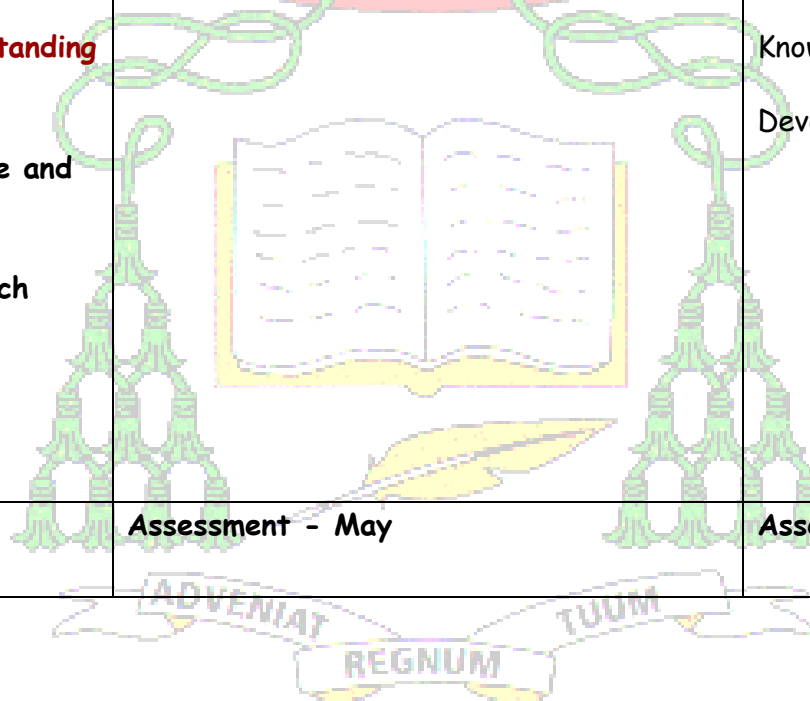


## PE Medium Term Plan - Year 7

<p><b>Autumn Term (Sept - Oct)</b> <b>Invasion Games</b></p> <p><b>A01 Develop skills and technique -</b> Develop basic skill in futsal/high 5 netball/touch rugby and orienteering Perform team challenges in OAA - Orienteering.</p> <p><b>A02 - Application of skills and technique within a modified game/competitive situation -</b> Perform modified games in futsal/high 5 netball/touch rugby. Perform team challenges in orienteering and to complete an orienteering course competitively.</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: Believing in myself and ensuring social belonging.</b></p> <p>Empathy, team working, resilience, evaluation, goal setting, communication</p>	<p><b>Autumn Term (Oct-Dec)</b> <b>Aesthetic Activities</b></p> <p><b>A01 Develop skills and technique -</b> Develop basic skills leaps, turns, rolls, jumps, landings, twists and combination skills</p> <p><b>A02 - Application of skills and technique within a performance or routine -</b> Perform a Street dance or Haka. Apply choreographic devices Compose a 10 bounce routine or perform a short sequence in gymnastics</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: Believing in myself and ensuring social belonging.</b></p> <p>Empathy, team working, emotional wellbeing, evaluation, goal setting.</p>	<p><b>Spring Term (Jan-Feb)</b> <b>Health active lifestyle</b></p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: Believing in myself and ensuring social belonging.</b></p> <p>Emotional wellbeing, evaluation, goal setting.</p> <p><b>A04 Healthy active lifestyle -</b> Know and understand the fitness components. Perform a fitness and skills sessions in circuit training.</p> <p><b>A05 Compete in a level 1 competition/interform -</b> Perform netball/football in a competitive situation.</p>
---	---	---

<p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Pitch markings, rules, how to score and play a game.</p> <p>Decision making - where to pass, select the correct skills, decision making.</p>	<p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Choreographic devices - level, speed, formation, unison, canon etc</p>	
<p><b>Assessment October</b></p>	<p><b>Assessment - December</b></p>	<p><b>Assessment - February</b></p>
<p><b>Spring Term (Feb-April)</b></p> <p><b>Net sport</b></p> <p><b>A01 Develop skills and technique -</b> Serve, ground strokes, over/underarm clear, volley, net, drop shot,</p> <p><b>A02 - Application of skills and technique within a modified game/competitive situation -</b> Perform modified games in badminton, tennis or table tennis</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: Believing in myself and ensuring</b></p>	<p><b>Summer Term (April-May)</b></p> <p><b>Striking and fielding</b></p> <p><b>A01 Develop skills and technique -</b> Basic - throwing, catching, fielding, batting and bowling</p> <p><b>A02 - Application of skills and technique within a modified game/competitive situation -</b> Perform modified games in rounders, cricket or softball</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: Believing in myself and ensuring</b></p>	<p><b>Summer Term (June-July)</b></p> <p><b>Performing to maximum levels - athletics</b></p> <p><b>A01 Develop skills and technique -</b> Fundamentals of throwing, jumping, running through various athletic events. Standing throws in discus, shot and javelin Scissor jump in high jump</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: Believing in myself and ensuring social belonging.</b></p> <p>Empathy, team working, resilience, goal</p>

<p>social belonging.</p> <p>Empathy, team working, resilience, evaluation, goal setting, communication</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Court markings, rules, how to score and play a game.</p> <p>Decision making - where to play each shot, what shot to use.</p>	<p>social belonging.</p> <p>Empathy, team working, resilience, evaluation, goal setting, communication</p>	<p>setting, self-motivation, personal best</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Know how to work in a safe manner</p> <p>Develop understanding of risks in sport</p>
Assessment -April	Assessment - May	Assessment - July

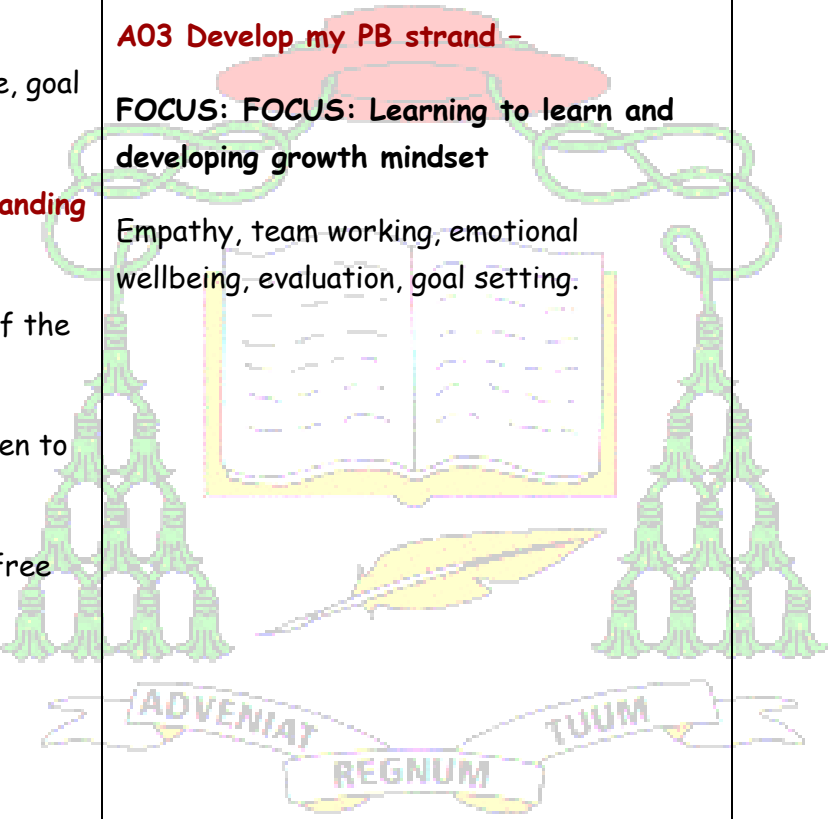




## Archbishop Beck Catholic College

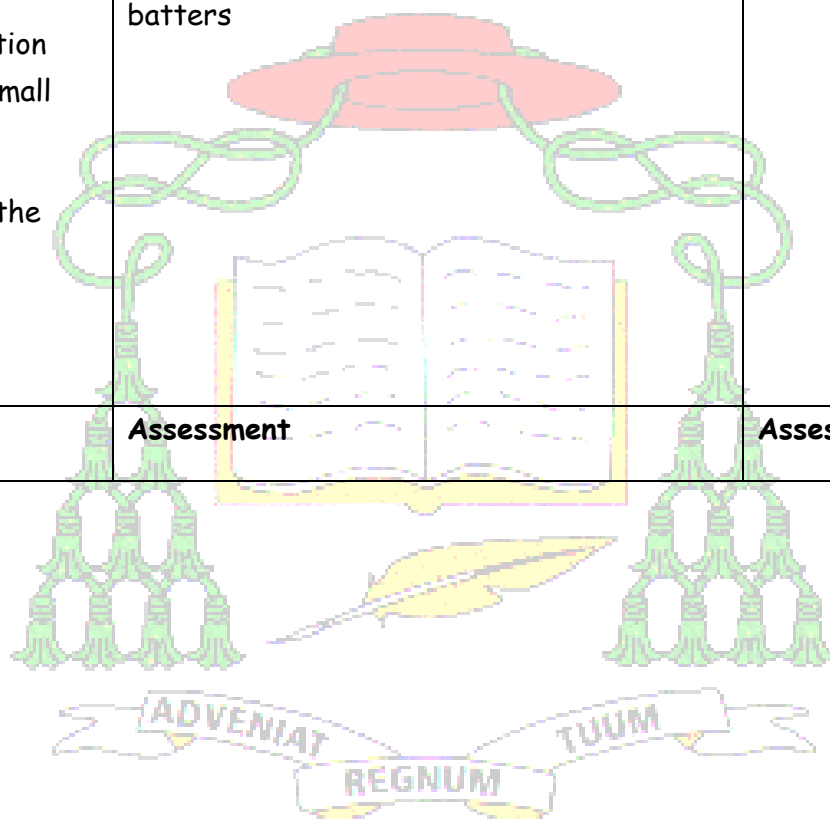
### PE Medium Term Plan - Year 8

Autumn Term (Sept - Oct)	Autumn Term (Oct-Dec)	Spring Term (Jan-Feb)
<b>Invasion Games</b>	<b>Aesthetic Activities</b>	<b>Healthy active lifestyle</b>
<p><b>A01 Develop skills and technique -</b> Perform skills with control and accuracy in futsal/high 5 netball/hockey/touch rugby and orienteering Introduce some advanced skills and techniques</p> <p>Perform team challenges in OAA - Orienteering.</p>	<p><b>A01 Develop skills and technique -</b> Develop control and fluency when performing basic skills leaps, turns, rolls, jumps, landings, twists and combination skills Introduce more advanced skills and techniques - combination skills, roller, <math>\frac{1}{2}</math> turntable</p>	<p><b>A04 Healthy active lifestyle -</b> Know and understand how to test different components of fitness Know how to improve fitness components through a range of training methods - interval, circuit, continuous and fartlek.</p>
<p><b>A02 - Application of skills and technique within a modified game/competitive situation -</b> PApply skills with more success in modified/full games in futsal/high 5 netball/hockey /touch rugby. Perform team challenges in orienteering and to complete an orienteering course competitively.</p>	<p><b>A02 - Application of skills and technique within a performance or routine -</b> Effectively apply skills and techniques to choreograph routines in pairs and small groups. Apply choreographic devices to improve the quality of the routine</p>	<p><b>A03 Develop my PB strand</b> <b>FOCUS:</b> Learning to learn and developing growth mindset Develop resilience and emotional wellbeing. Evaluation of fitness tests and goal setting.</p>
<p><b>A03 Develop my PB strand -</b></p>	<p>Compose a 10 bounce routine or perform a</p>	<p><b>A05 Compete in a level 1 competition/interform -</b> Perform netball/football in a competitive situation.</p>

<p><b>FOCUS: FOCUS: Learning to learn and developing growth mindset</b></p> <p>Decision making, team work, resilience, goal setting and communication</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Roles and positions of players, rules of the game</p> <p>Develop decision making of where, when to pass, movement on and off the ball</p> <p>Tactics - centre pass, backline pass, free kicks and corners, penalty corners, formations</p>	<p>short sequence in gymnastics</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: FOCUS: Learning to learn and developing growth mindset</b></p> <p>Empathy, team working, emotional wellbeing, evaluation, goal setting.</p> 	
<p><b>Assessment</b></p>	<p><b>Assessment</b></p>	<p><b>Assessment</b></p>

Spring Term (Feb-April)	Summer Term (April-May)	Summer Term (June-July)
<p><b>Net sport</b></p> <p><b>A01 Develop skills and technique -</b> Perform skills with accuracy, direction and control. Serve, ground strokes, over/underarm clear, volley, net, drop shot. Introduce <b>different techniques</b> - grip, spin, slice.</p> <p><b>A02 - Application of skills and technique within a modified game/competitive situation</b> - Perform skills effectively to outwit opponent and win points/games in badminton, tennis or table tennis</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: FOCUS: Learning to learn and developing growth mindset</b></p> <p>Empathy, team working and collaboration</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Court markings, rules, how to score and play</p>	<p><b>Striking and Fielding</b></p> <p><b>A01 Develop skills and technique-</b> Throwing, catching, fielding - long &amp; short barrier, batting - vary direction and bowling - basic &amp; spin</p> <p><b>A02 - Application of skills and technique within a modified game/competitive situation</b> - Perform skills and techniques in small-sided games in rounders, cricket or softball</p> <p><b>A03 Develop my PB strand</b></p> <p><b>FOCUS: Learning to learn and developing growth mindset</b></p> <p>Empathy, Team Working, Resilience, Emotional Wellbeing, Evaluation, Goal setting.</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Develop understanding of roles within a</p>	<p><b>Performing to maximum levels - athletics</b></p> <p><b>A01 Develop skills and technique -</b> Develop the techniques of throwing, jumping and running. E.g Frosby flop, the glide, run in javelin</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: FOCUS: Learning to learn and developing growth mindset</b></p> <p>Develop perseverance, self-motivation and beating personal best</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Know how to work in a safe manner</p> <p>Develop understanding of risks in sport</p>

<p>a game.</p> <p>Develop decision making - shot selection and direction to outwit opponent in small sided game</p> <p>Introduce tactics and strategies of the game - serving, positioning</p>	<p>game along with tactics of the fielders and batters</p>	
<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>

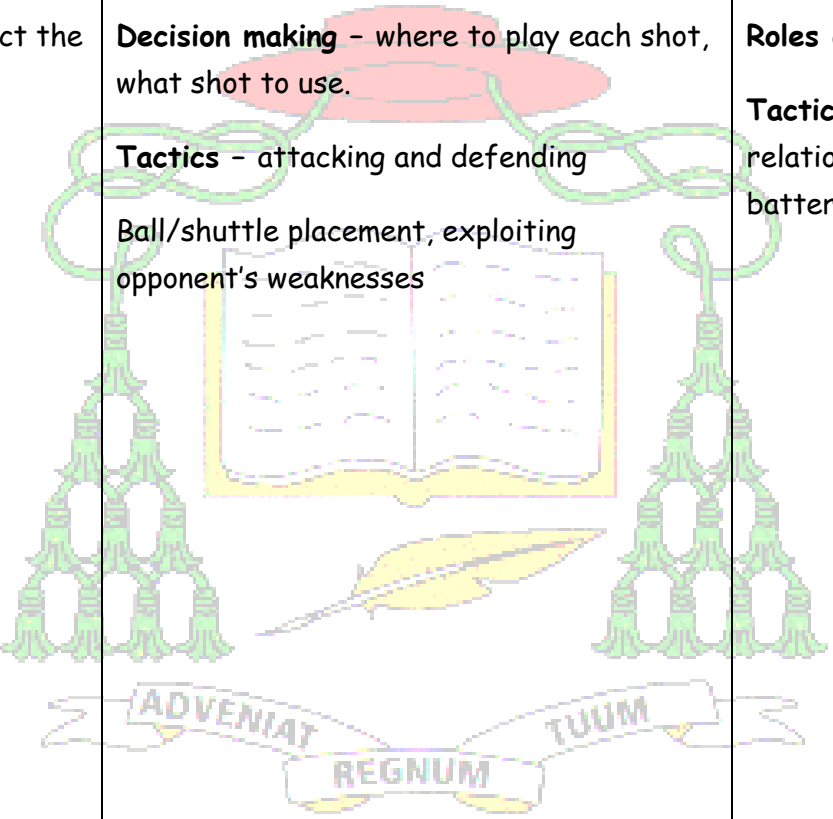


**Archbishop Beck Catholic College**

## PE Medium Term Plan – Year 9

Autumn Term (Sept – Oct)	Autumn Term (Oct-Dec)	Spring Term (Jan-Feb)
<p><b>Invasion Games</b></p> <p><b>A01 Develop skills and technique –</b> Develop advanced skills in futsal/high 5 netball/touch rugby and orienteering</p> <p><b>A02 – Application of skills and technique within a modified game/competitive situation –</b> Perform modified games in futsal/high 5 netball/touch rugby. Perform team challenges in orienteering and to complete an orienteering course competitively.</p> <p><b>A03 Develop my PB strand –</b></p> <p><b>FOCUS: Building aspirations and developing resilience</b></p> <p>Empathy, team working, resilience, evaluation, goal setting, communication</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Pitch markings, rules, how to score and play</p>	<p><b>Net sport</b></p> <p><b>A01 Develop skills and technique –</b> Serve, ground strokes, over/underarm clear, volley, <math>\frac{1}{2}</math> volley, net, drop shot &amp; lob. <b>Techniques –</b> topspin, grip, slice</p> <p><b>A02 – Application of skills and technique within a modified game/competitive situation –</b> Perform skills in singles and doubles games &amp; modified games in badminton, tennis or table tennis</p> <p><b>A03 Develop my PB strand –</b></p> <p><b>FOCUS: Building aspirations and developing resilience</b></p> <p>Empathy, team working, resilience, communication</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p><b>Officiating &amp; umpiring –</b> signals and</p>	<p><b>Striking and fielding</b></p> <p><b>A01 Develop skills and technique –</b> Develop advanced skills in throwing, catching, fielding (long &amp; short barrier), batting and bowling (spin, height, donkey drop) –</p> <p><b>A02 – Application of skills and technique within a modified game/competitive situation –</b> Perform skills and techniques in full sided games/modified games in rounders, cricket or softball</p> <p><b>A03 Develop my PB strand –</b></p> <p><b>FOCUS: Building aspirations and developing resilience</b></p> <p>Empathy, team working, resilience, evaluation, goal setting, communication</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p>



<p>a game.</p> <p><b>Decision making</b> - where to pass, select the correct skills, decision making.</p>	<p>scoring of a game</p> <p><b>Decision making</b> - where to play each shot, what shot to use.</p> <p><b>Tactics</b> - attacking and defending</p> <p>Ball/shuttle placement, exploiting opponent's weaknesses</p> 	<p><b>Decision making</b> - focus on fielders.</p> <p><b>Roles and responsibilities</b></p> <p><b>Tactics</b> - bowler/backstop/1<sup>st</sup> base relationship, positioning of fielders, batters to outwit fielders.</p>
<p><b>Assessment</b></p>	<p><b>Assessment</b></p>	<p><b>Assessment</b></p>
<p><b>Spring Term (Feb-April)</b></p> <p><b>Invasion GamesA01 Develop skills and technique</b> - Develop advanced skills and</p>	<p><b>Summer Term (April-May)</b></p> <p><b>Health active lifestyle</b></p> <p><b>A04 Healthy active lifestyle</b> - sports</p>	<p><b>Summer Term (June-July)</b></p> <p><b>Health active lifestyle</b></p> <p><b>A04 Healthy active lifestyle</b> - sports</p>

<p>techniques in futsal/high 5 netball/touch rugby and orienteering</p> <p>Perform team challenges in OAA - Orienteering.</p> <p><b>A02 - Application of skills and technique within a modified game/competitive situation</b> - Perform modified games in futsal/high 5 netball/touch rugby. Perform team challenges in orienteering and to complete an orienteering course competitively.</p> <p><b>A03 Develop my PB strand -</b></p> <p><b>FOCUS: Building aspirations and developing resilience </b></p> <p>Empathy, team working, resilience, evaluation, goal setting, communication</p> <p><b>A04 Develop knowledge and understanding of the sport</b></p> <p>Pitch markings, rules, how to score and play a game.</p> <p>Decision making - where to pass, select the</p>	<p><b>nutrition</b></p> <p>Know about the nutrients needed for a balanced diet</p> <p>Understand the importance of nutrition in sport</p> <p><b>A05 Compete in a level 1 competition/interform</b> - Perform netball/football in a competitive situation.</p>	<p><b>nutrition</b></p> <p>Know about the effects of a poor diet on sports performance and participation</p> <p>Develop diet plans for a performer</p> <p><b>A05 Compete in a level 1 competition/interform</b> - Perform netball/football in a competitive situation</p>
---	---	---

correct skills, decision making.		
<b>Assessment</b>	<b>Assessment - coursework submission Oct</b>	<b>Assessment - coursework submission Oct</b>

