

Archbishop Beck Catholic College Long Term Plan for Physical Education

Year 10

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>Trampolining</p> <p>Fitness</p> <p>Basketball</p> <p>1 week - Interform</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>Decision making</p>
<p>Topic Areas to be covered:</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining</p> <p>Fitness</p> <p>Basketball</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>OAA</p> <p>1 week - Interform</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>

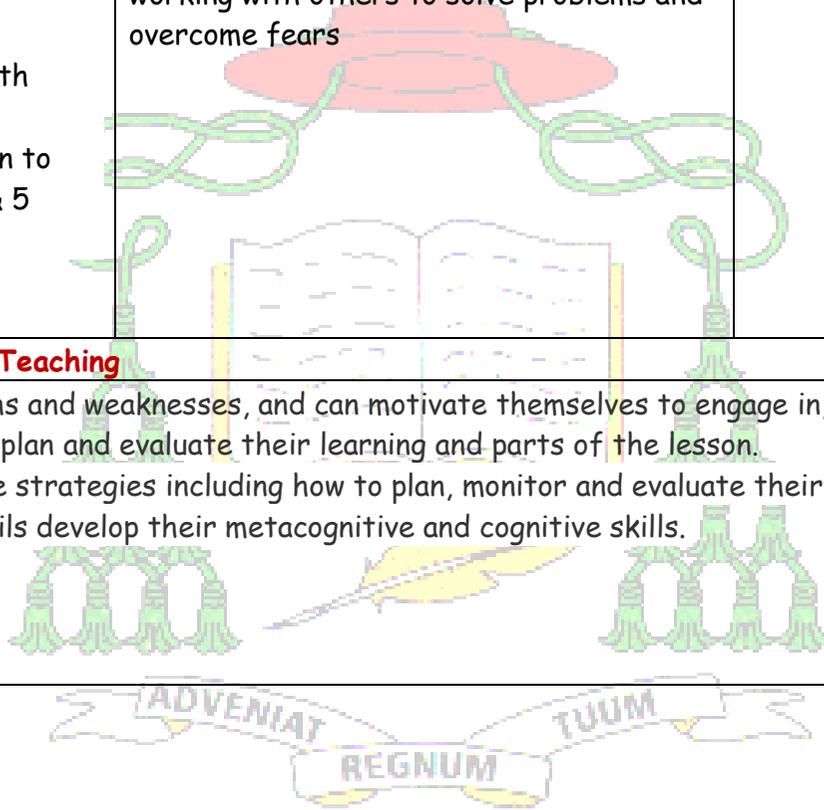
Summer Half Term 5	Half Term 6	
<p>Topic Areas to be covered:</p> <p>Track and field athletics Striking and Fielding -Rounders, cricket, or softball Tennis</p>	<p>Topic Areas to be covered:</p> <p>Track and field athletics Striking and Fielding -Rounders, cricket, or softball Tennis Inter-form activities 1 week - National Schools' Sports Week</p>	<p>Tactics Strategies</p> <p>Reading Opportunities</p> <ul style="list-style-type: none"> - Monthly PE Bulletin - Sports Articles - Posters in Changing rooms

Year 10

Cultural Capital Experiences throughout the Academic Year	Learning Characteristics instilled in the curriculum	Career Opportunities
<ul style="list-style-type: none"> • Orienteering experiences at Croxteth Park • OAA Team Building Day • Wimbledon residential Trip - July TBC including a trip to London • Ski Trip, Italy Monte Bondone March 2026 • Opportunities to represent the school in Trampolining, Netball, Rounders, Tennis, Athletics - indoor and outdoor, Football and Basketball and Many other. Term 1,2&3 • Internally celebrating festivals such as World cups, Euros etc. 	<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 others.</p> <p>Physical, mental and social well-being</p>	<p>Athlete mentor visit</p> <p>The Smiths visit</p> <p>David Lloyd visit</p> <p>Careers Week</p> <p>Enrichment Day - careers talk</p> <p>LLS, LSSP & David Campbell talks</p>

- Leadership experience with SEND Schools/Festivals
- Stadium Visits
- Attending different festivals with LSSP, EITC etc.
- Guest Speaker - R. Kyle coming in to deliver assembly & talk to KS4 & 5 students in sport/LLS TBC

Team work and confidence building -
working with others to solve problems and overcome fears



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

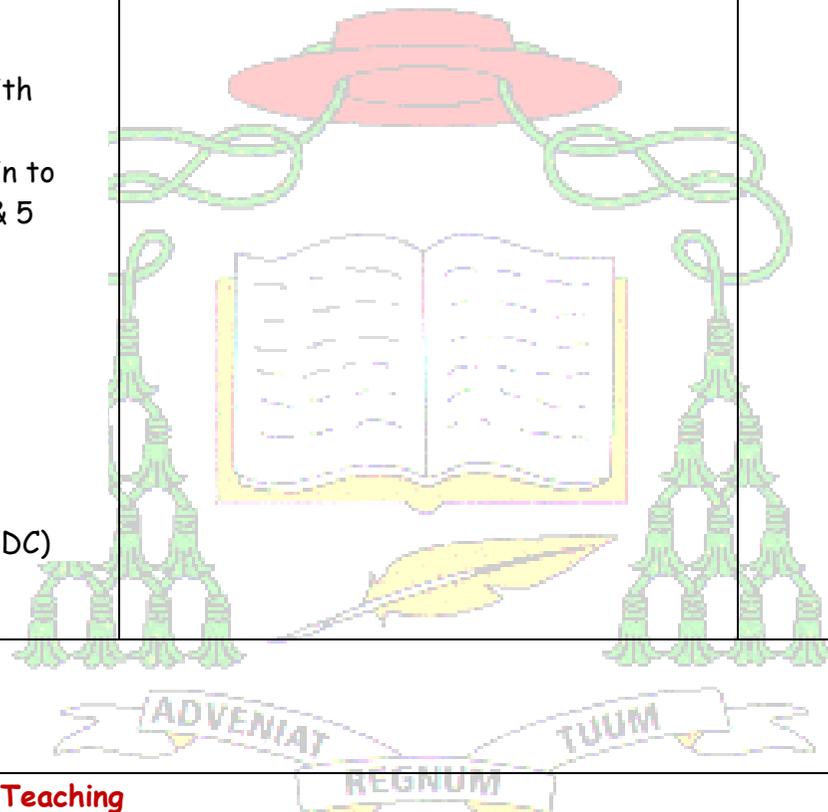
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Spring Half Term 3	Half Term 4	
<p>Topic Areas to be covered:</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining</p> <p>Fitness</p> <p>Basketball</p> <p>OAA</p>	<p>Topic Areas to be covered:</p> <p>Netball</p> <p>Badminton</p> <p>Trampolining</p> <p>Fitness</p> <p>Basketball</p> <p>OAA</p> <p>1 week - Interform</p>	

Summer Half Term 5		
<p>Topic Areas to be covered:</p> <p>Track and field athletics Striking and Fielding -Rounders, cricket, or softball Tennis</p>		<p>Reading Opportunities</p> <ul style="list-style-type: none"> - Monthly PE Bulletin - Sports Articles - Posters in Changing rooms

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- Leadership experience with SEND Schools/Festivals
- Stadium Visits
- Attending different festivals with LSSP, EITC etc.
- Guest Speaker - R. Kyle coming in to deliver assembly & talk to KS4 & 5 students in sport/LLS TBC
- SEND Sports Coaching
- Panathlon Challenge
- Sports Leaders Training
- Yr11 Female Leaders
- Sport Ambassadors
- Everton in the Community
- Careers guidance/support (LLS/DC)



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