

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>Physical Literacy OAA - Orienteering and team challenges Netball Badminton Trampoline/Gymnastics Fitness Basketball Rugby/Flag Football Dance</p>	<p>Topic Areas to be covered:</p> <p>OAA - Orienteering and team challenges Netball Badminton Trampoline/Gymnastics Fitness Basketball Rugby/Flag Football Dance 1 week - Interform</p>	<p>Enjoyment Heart rate Warm up Cool down Technique Attack Defence Resilience Navigate Body tension Components of fitness (agility, stamina, balance, coordination, flexibility and strength, power, speed and strength) Communication Respect</p> <p>Reading Opportunities</p> <ul style="list-style-type: none"> - Monthly PE Bulletin - Sports Articles - Posters in Changing rooms

Spring Half Term 3	Half Term 4	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <ul style="list-style-type: none"> Netball Badminton Trampolining/Gymnastics Fitness Basketball OAA Rugby/Flag Football Dance 	<p>Topic Areas to be covered:</p> <ul style="list-style-type: none"> Netball Badminton Trampolining/Gymnastics Fitness Basketball OAA Rugby/Flag Football Dance <p>1 week - Interform</p>	
Summer Half Term 5	Half Term 6	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <ul style="list-style-type: none"> Track and field athletics Striking and Fielding -Rounders, cricket, or softball Short tennis 	<p>Topic Areas to be covered:</p> <ul style="list-style-type: none"> Track and field athletics Striking and Fielding -Rounders, cricket, or softball Short tennis Inter-form activities <p>1 week - National Schools' Sports Week</p>	

Cultural Capital Experiences throughout the Academic Year	Learning Characteristics instilled in the curriculum	Career Opportunities
<p>Orienteering experiences at Croxteth Park OAA Team Building Day</p> <p>Wimbledon residential Trip - July TBC including a trip to London Ski Trip, Italy Monte Bondone March 2026</p> <p>Opportunities to represent the school in Trampolining, Netball, Rounders, Tennis, Athletics - indoor and outdoor, Football and Basketball. Terms 1,2&3</p> <p>Girls and Boys Sports Challenge</p> <p>National School Sports Week</p> <p>Leadership Opportunities</p> <p>Internally celebrating festivals such as World Cups, Euros etc.</p> <p>Attending different festivals with LSSP, EITC etc</p> <p>Chicago Bears Visit Summer 2023 - all students involved.</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>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>

Metacognition Methods applied in Teaching

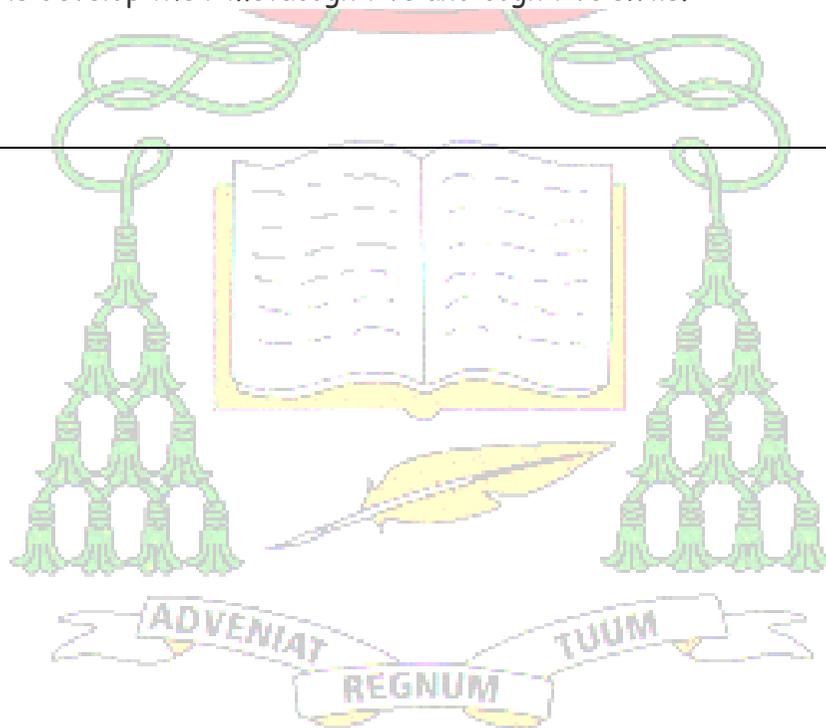
Learners are aware of their strengths and weaknesses, and can motivate themselves to engage in, and improve, their learning.

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.



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>Netball</p> <p>Physical health and fitness - continuous training and fitness. Testing, HIIT, Fartlek and interval</p> <p>Badminton</p> <p>OAA</p> <p>Football</p> <p>Rugby/Flag Football</p> <p>Trampolining/Gymnastics</p> <p>Volleyball</p>	<p>Topic Areas to be covered:</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>Football</p> <p>Rugby/Flag Football</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> <ul style="list-style-type: none"> - Monthly PE Bulletin - Sports Articles - Posters in Changing rooms

Spring Half Term 3	Half Term 4	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <p>Badminton OAA Trampolining/Gymnastics Rounders Rugby/Flag Football Basketball Football Volleyball Physical health and fitness - continuous training and fitness. Testing, HIIT, Fartlek and interval.</p>	<p>Topic Areas to be covered:</p> <p>Trampolining/Gymnastics Badminton OAA Rounders Rugby/Flag Football Basketball Volleyball Football Physical health and fitness - continuous training and fitness. Testing, HIIT, Fartlek and interval. 1 week - Interform</p>	
Summer Half Term 5	Half Term 6	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <p>Tennis Athletics Striking and Fielding -Rounders, cricket, or softball Interform sports day</p>	<p>Topic Areas to be covered:</p> <p>Tennis Athletics Striking and Fielding -Rounders, cricket, or softball 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 TBC</p> <p>Ski Trip, Italy Monte Bondone - March 2026 Netball residential trip Term 2 Date TBC</p> <p>National School Sports Week</p> <p>Leadership Opportunities</p> <p>Internally celebrating festivals such as World Cups, Euros etc.</p> <p>Attending different festivals with LSSP, EITC etc</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>Athlete mentor visit</p> <p>The Smiths visit Croxteth Park visit</p> <p>Careers Week</p> <p>Enrichment Day - careers talk</p> <p>LLS, LSSP & David Campbell talks</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. 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.</p>		

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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</p> <p>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</p> <p>Reading Opportunities</p> <ul style="list-style-type: none"> - Monthly PE Bulletin - Sports Articles - Posters in Changing rooms
Spring Half Term 3	Half Term 4	Key Vocabulary
<p>Topic Area 1 to be covered:</p> <p>Netball Football Basketball Physical health and fitness Badminton</p>	<p>Topic Area 2 to be covered:</p> <p>Netball Football Basketball Physical health and fitness Badminton</p>	

Trampolining Tennis Volleyball	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.
Wimbledon residential Trip -July TBC including a trip to London	Provide opportunities to try new sports/activities.	Athlete mentor visit
Netball residential trip Term 2 Date TBC		The Smiths visit
Ski Trip, Italy Monte Bondone March 2026	Positive - Recognition of success, Leadership Skills, Encouragement	David Lloyd visit
Opportunities to represent the school in Trampolining, Netball, Rounders, Tennis, Athletics - indoor and outdoor, Football and Basketball. Term 1,2&3		Careers Week
National School Sports Week	Respectful - Adhering to rules, respecting the officials decision, respecting.	Enrichment Day - careers talk
Leadership Opportunities		LLS, LSSP & David Campbell talks

Internally celebrating festivals such as World Cups, Euros etc.

Attending different festivals with LSSP, EITC etc

Metacognition Methods applied in Teaching

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