

Long Term Plan 2023-24

Subject: Core PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Team Building Orienteering	Swimming Gymnastics	Tag Rugby Fitness	Short Tennis Football	Volleyball Netball	Striking & Fielding Athletics
Year 8	Team Building Orienteering	Swimming Gymnastics	Tag Rugby Fitness	Short Tennis Football	Volleyball Netball	Striking & Fielding Athletics
Year 9	Handball Orienteering	Swimming Gymnastics	Tag Rugby Fitness	Basketball Football	Badminton Netball	Striking & Fielding Athletics
End of Key Stage 3						
Year 10	Sports provision  Netball Football Half of lessons each	Equipment and technology.  Swimming/Water Polo Fitness	Preparing participants for activity Swimming/Water Polo Fitness	BTEC assessment window  Badminton Handball Half lessons each	Components of fitness  Basketball Ultimate Frisbee Half lessons each	Sports participation as a performer and official Striking & Fielding Athletics Half lessons each
Year 11	Improving sports performance  Netball Football Dance/Aesthetics Half of lessons each	BTEC assessment window  Table Tennis Basketball Dance/Aesthetics Half lessons each	Fitness training & methods Fitness Handball Dance/Aesthetics Half of lessons each	Fitness testing & programming  Options – Invasion Games, Fitness based	Revision  Options – Invasion Games, Fitness based	Exam window
End of Key Stage 4						
Year 12	Unit 2: Fitness Training and Programming for Health, Sport and Well-being Unit 4: Sports Leadership					
Year 13	Unit 1: Anatomy and Physiology Unit 3: Professional Development in the Sports Industry					
End of Key Stage 5						