

Key Stage 3 Long Term Planning

Year 7

INTENT: To develop social, physical, mental and emotional skills through sport.

Faculty Area: PE

Year 7	Transition/Baseline Autumn 1	Autumn 1 & 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	'Qualities of Success' Resilience (Personal & Physical ME) Organisation (Social ME) Reflection (Thinking ME) Knowledge of safety rules and regulations. Knowledge of Moor Park Warm Up. Knowledge of 'ME in PE' assessment framework.	Netball, Basketball & Football Knowledge of basic ball skills in isolation and competition. Rules of the game. Positions.	Table tennis Technique and performance of basic skills in isolation and competition. Rules of the game. Scoring. Basic tactics. Dance Knowledge of rhythm and timing e.g counting beats. Knowledge of basic dance steps and compositional ideas.	Volleyball Technique and performance of basic skills in isolation and competition. Rules of the game. Scoring. Positions. Basic tactics.	Athletics Technique and performance of basic skills in isolation and competition. Rules of the event	Rounders/Cricket Technique and performance of basic skills in isolation and competition. Rules of the game
Skills	Establishing classroom and changing room routines. Baseline Development/assessment of social, physical, mental and personal skills. Alongside healthy behaviours. (Social ME, Physical ME, Thinking ME, Personal ME).	Netball & Basketball Basic footwork (stick-step landing, pivot) Basic passing (chest & bounce) Basic marking (ball and person) Basic evasion (creating space) Basic shooting. Game play (positions, areas of the court, rules) Football Basic passing Basic control & dribbling Turning Basic defending — 1v1 Basic attacking — 1v1 Shooting Creating space and marking	Table tennis Basic tactics. Basic decision making. Basic problem solving. Basic evaluation. Dance Improve self-esteem Develop confidence Linking movements. Control & fluency Timing & Rhythm	Volleyball Ball control Basic Set Basic Dig Basic Serve	Athletics Self- management Resilience. Sustaining effort Confidence Determination	Rounders/Cricket Cooperation Collaboration Listening skills Communication skills Sportsmanship Teamwork
Connections to previous learning	KS2 Locomotion skills i.e running, jogging, walking, hopping.	Y7 Transition - Knowledge of the Moor Park Warm up.	KS2 problem solving and decision making.	Knowledge of the Moor Park Warm up.	Knowledge of the Moor Park Warm up.	Knowledge of the Moor Park Warm up.



Assessment	KS2 Fundamental skills – balance, jumping, landing and turning. KS2 Ball skills – throwing, catching, kicking, rolling, striking. KS2 Social skills - Communication and teamwork skills. Baseline assessment: Weekly assessment in each of the 4 'ME's in PE'.	KS2 Locomotion skills – twisting, turning, balancing, running, jogging. KS2 Invasion games. /ball skills – throwing, catching, kicking. Practical assessment – Physical ME.	Y7 Transition – Thinking ME; decision making, problem solving, reviewing. Practical assessment – Thinking ME.	KS2 net all wall sports. Y7 Autumn 1 Physical skills – physical literacy, movement, throwing, jumping. Practical assessment – Physical ME	KS2 athletic skills Y7 Dance Personal ME skills – confidence, resilience, determination. Practical assessment – Personal ME.	KS2 Striking and fielding sports/ Y7 Cricket – throwing, catching, fielding, batting. Social skills – communication, cooperation and teamwork. Practical assessment – Social ME.
Homework	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit
Cultural enrichment including Trips, Visits, Experiences, Extra-curricular Numeracy	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Basic mathematical problem-solving calculations; addition, subtraction, multiplication.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Interform competition Scoring, umpiring, calculating points totals.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Scoring, umpiring, calculating points totals. Counting beats.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Scoring, umpiring, calculating points totals. Basic Math's calculations for heart rate.	Weekly extra- curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Measuring distances, recording times.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Sports day Scoring, umpiring, calculating points totals.
Literacy	Reading of learning objectives and success criteria. Use of formal talk. Use of keywords and spelling test.	Reading of learning objectives and success criteria. Written tasks. Recording results. Use of formal talk. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test.
CIAG			Careers lesson – 1 x Sports Studies taster session			



Key Stage 3 Long Term Planning

Year 8 INTENT: To embed social, physical, mental and emotional skills through sport.

Faculty Area: PE

Year 8	Autumn 1 & 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Basketball/Netball/Football	Table tennis	Volleyball	Athletics	Rounders/Cricket
	Knowledge of	Technique and	Technique and performance of	Technique and	Technique and
	ball skills in isolation and competition.	performance of basic skills	basic skills in isolation and	performance of basic	performance of
	Rules of the game.	in isolation and	competition.	skills in isolation and	intermediate skills in
	Positions.	competition.	Rules of the game.	competition.	isolation and competition.
	Tactics.	Rules of the game.	Scoring.	Rules of the event	Rules of the game
		Umpiring.	Positions.	Basic tactics	Basic tactics
		Intermediate tactics	Tactics.		
		Gymnastics			
		Technique and			
		performance of basic			
		gymnastic skills.			
		Sequencing moves			
		together for final a			
		performance.			
Skills	Establishing classroom and changing room routines.	Table tennis	Volleyball	Athletics	Rounders/Cricket
		Use of tactics.	Ball control	Self- management	Cooperation
	Basketball	Decision making.	Set	Resilience.	Collaboration
	Basic basketball skills e.g passing, dribbling, shooting etc.	Problem solving.	Dig	Sustaining effort	Listening skills
	Communication skills	Evaluation.	Serve	Confidence	Communication skills
	Sportsmanship	Giving feedback.	Positions	Determination	Sportsmanship
	Teamwork	Civing recusaeiii	Tactics	2 eterrimation	Teamwork
	- Cultivative	Gymnastics			
	Football	Fundamental movement			
	Varied passing.	skills.			
	Dribbling to beat a defender -strong and weak foot.	Balances (individual &			
	Defending as a team.	partner), travel, jumps,			
	Attacking as a team.	turns & rolls.			
	Finishing.	Fluency of movements and			
	Evasion.	linking ideas.			
	EVASIOII.	illiking lueas.			
	Netball				
	Footwork (Pivot, two-foot landing)				
	Passing & receiving (on the move)				
	Marking (man to man)				
	Evasion (losing a defender)				
	Shooting (against a defender)				
	Game play (positions, basic tactics)				
	Knowledge of the Moor Park Warm up.	Y7 Table Tennis –	Knowledge of the Moor Park	Knowledge of the Moor	Knowledge of the Moor
Connections to					



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Y / T	undamental skills – running, jogging, turning, bending,	regulations, basic tactics,	, 0,		1/00 h/3 h
	reaching etc.	basic decision making,	set, serve. Knowledge of rules.	KS2 athletics – running,	KS2/Y7 Rounders/cricket -
		basic problem solving,		jumping, throwing,	batting, bowling, fielding,
Y7	Physical skills – passing, dribbling, shooting, marking,	basic evaluation.	Y7 Physical/social skills –		communication,
	defending, attacking.		movement around court,	Y7 Personal ME skills –	teamwork.
		KS2 Gymnastics – balances,	teamwork, communication.	resilience, effort,	
		rolls, jumps and turns.		commitment.	
Assessment	Practical assessment – Physical ME.	Practical assessment – Thinking ME.	Practical assessment – Physical ME	Practical assessment – Personal ME.	Practical assessment – Social ME.
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Homework	Remembering full Moor Park PE kit	Remembering full Moor	Remembering full Moor Park	Remembering full Moor	Remembering full Moor
		Park PE kit	PE kit	Park PE kit	Park PE kit
Cultural enrichment Wee	kly extra-curricular sports clubs at lunch time and after	Weekly extra-curricular	Weekly extra-curricular sports	Weekly extra-curricular	Weekly extra-curricular
including Trips, Visits,	school.	sports clubs at lunch time	clubs at lunch time and after	sports clubs at lunch time	sports clubs at lunch time
Experiences, Extra-		and after school.	school.	and after school.	and after school.
curricular Dis	strict competitions, tournaments and league fixtures.				
		District competitions,	District competitions,	District competitions,	District competitions,
		tournaments and league	tournaments and league	tournaments and league	tournaments and league
		fixtures.	fixtures.	fixtures.	fixtures.
					Sports day
Numoracy	Scoring, umpiring, calculating points totals.	Scoring, umpiring,	Scoring, umpiring, calculating	Measuring distances,	Scoring, umpiring,
Numeracy	scoring, unipining, calculating points totals.				o o.
		calculating points totals.	points totals.	recording times.	calculating points totals.
Literacy	Reading of learning objectives and success criteria.	Reading of learning	Reading of learning objectives	Reading of learning	Reading of learning
	Written tasks.	objectives and success	and success criteria.	objectives and success	objectives and success
	Recording results.	criteria.	Use of formal talk.	criteria.	criteria.
		Use of formal talk.	Key words spelling test.	Use of formal talk.	Use of formal talk.
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	Use of formal talk. Key words spelling test.	Recording results.	key words spennig test.	Recording results.	Key words spelling test.
			key words spennig test.		
CIAG		Recording results.	key words spennig test.	Recording results.	



Key Stage 3 Long Term Planning

Year 9 INTENT: To consolidate social, physical, mental and emotional skills through

sport.

Faculty Area: PE

Year 9	Autumn 1 & Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Netball	Table tennis & Dodgeball	Volleyball	Athletics	Cricket/Rounders
	Knowledge of	Technique and	Knowledge of	Technique and	Technique and performance
	intermediate ball skills in isolation and competition.	performance of	Basic ball skills in isolation and	performance of	of advanced skills in isolation
	Rules of the game.	intermediate skills in	competition.	intermediate skills in	and competition.
	Positions.	isolation and competition.	Rules of the game.	isolation and	Rules of the game
	Tactics.	Rules of the game.	Positions.	competition.	Tactics
		Umpiring.		Rules of the event/game.	
	Football	Styles of play.		Tactics	
	Knowledge of				
	ball skills in isolation and competition.			Orienteering	
	Rules of the game.			Knowledge of safety rules	
	Positions.			and regulations.	
	Tactics.			Knowledge of	
				competition rules and	
	Basketball			regulations.	
	Knowledge of			Features of a map.	
	intermediate ball skills in isolation and competition.			Points of a compass.	
	Rules of the game.			Terrain.	
	Positions.			Orienteering techniques;	
	Tactics.			thumbing, handrailing.	
	Tubbles.				
Skills	Establishing classroom and changing room routines.	Table tennis & Dodgeball	Volleyball	Athletics	Cricket/Rounders
		Use of tactics.	Ball control	Self- management	Organisation
	Netball	Decision making.	Set	Resilience.	Communication
	Footwork at speed (Pivot, two-foot landing)	Problem solving.	Dig	Sustaining effort	Teamwork
	Passing & receiving (movement patterns & positions)	Planning.	Serve	Confidence	Leadership
	Marking (man to man)	Analysis.	Linking shots	Determination	Officiating
	Evasion (losing a defender)	Goal setting.	Positions & rotation		Analysing
	Shooting (creating space in the 'D')	Giving feedback.	1 osicions & rotation		Goal setting
	Game play (positions, basic tactics)	Officiating		Orienteering	Godi Setting
	dunic play (positions, basic tactics)	Officiating		Map reading.	
	Football			Navigation.	
	Varied passing.			Decision making.	
	Dribbling to beat a defender -strong and weak foot.			Problem solving.	
	Defending as a team.			Planning.	
	Attacking as a team.			Analysis.	
	-				
	Finishing.			Goal setting.	
	Evasion.				
	Packathall				
	Basketball				
	Basketball skills e.g pass selection, dribbling to beta				
	defenders, lay-ups, rebounds etc.				



	Communication skills Sportsmanship Teamwork				
Connections to previous learning	Knowledge of the Moor Park Warm up. Y8 fundamental skills – running, jogging, turning, bending, reaching etc. Y8 Social ME skills – cooperation, teamwork & communication. Y8 Physical skills – throwing, catching, jumping, dodging,	Y8 Table Tennis – techniques, rules and regulations. Thinking ME skills - tactics, decision making, problem solving, evaluation.	Knowledge of the Moor Park Warm up. Y7/8 net games – scoring, serving, boundary rules. Y8/9 Physical ME – Movement around court, control, physical literacy, special awareness,	Knowledge of the Moor Park Warm up. Y8 athletic skills — running, jumping, throwing, pacing, resilience. Y8 Personal ME skills —	Knowledge of the Moor Park Warm up. Y8 striking sports - batting, bowling, fielding. Y8/9 Social Me skills - communication, teamwork.
Assessment	marking, attacking, defending, shooting, passing etc. Practical assessment – Physical ME.	Practical assessment – Thinking ME.	tactical awareness. Practical assessment – Physical ME.	Confidence, effort, determination, resilience. Practical assessment – Personal ME.	Practical assessment – Social ME.
Homework	Remembering full Moor Park PE kit	Remembering full Moor	Remembering full Moor Park	Remembering full Moor	Remembering full Moor Park
Cultural enrichment including Trips, Visits, Experiences, Extra- curricular	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures.	Park PE kit Weekly extra-curricular sports clubs at lunch time and after school.	PE kit Weekly extra-curricular sports clubs at lunch time and after school.	Park PE kit Weekly extra-curricular sports clubs at lunch time and after school.	PE kit Weekly extra-curricular sports clubs at lunch time and after school.
		District competitions, tournaments and league fixtures.	District competitions, tournaments and league fixtures.	District competitions, tournaments and league fixtures.	District competitions, tournaments and league fixtures. Sports day
Numeracy	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Measuring distances, recording times.	Scoring, umpiring, calculating points totals.
Literacy	Reading of learning objectives and success criteria. Written tasks. Recording results. Use of formal talk. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test.	Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test.
CIAG		Careers lesson – 1 x Sports Studies taster session			



Key Stage 4 Long Term Planning

Year 10 INTENT: To promote social, physical, mental and emotional well-being and develop leadership skills through a concept curriculum.

Curriculum Area: PE

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Effective teams through Invasion Games (i.e Netball/Basketball/Football) Knowledge of roles. Rules of the game. Tactics Goal setting	Self-Reflection through Health Related Exercise Knowledge of self- assessment, self- improvement, self-care, self-efficacy, self- appraisal, self-help.	Officiating through Table tennis/Dodgeball Knowledge of the rules, positions, tactics. Knowledge of fair play, sportsmanship and gamesmanship.	Communication through Volleyball Knowledge of effective communication (verbal/nonverbal). Praise and reward. Motivation techniques and conflict resolution.	Fulfilling Potential through Athletics Knowledge of employability skills. Knowledge of how to self- develop.	Decision Making through Striking and Fielding (I.e Rounders, Cricket, Softball) Knowledge of tactics and rules. Knowledge of growth mindset & critical thinking.
Skills	Positive contributions Problem solving Communication Collaboration Conflict management Resolution	Evaluation Reflection Decision making Problem solving Leadership Confidence	Cooperation Effective communication Leadership Confidence Resilience Decision making	Effective communication Verbal Communication Non-verbal communication Active listening Conflict resolution Feedback Motivation Teamwork Cooperation Leadership Confidence	Time management Personal development Analysing Investigating Teamwork Communication	Critical thinking Growth mindset Adaptability Analysis Evaluation
Connections to previous learning	Knowledge of the Moor Park Warm up. KS3 fundamental skills — running, jogging, turning, bending, reaching etc. KS3 Social ME skills — cooperation, teamwork &	Knowledge of the Moor Park Warm up. Autumn 1 &KS3 Social ME skills – cooperation, teamwork & communication.	Y10 Autumn 1 – Communication, problem solving, conflict management and resolution. KS3 Table Tennis – techniques, rules and regulations. Thinking ME	Y10 Autumn 1 &Spring 1 – Communication, problem solving, conflict management and resolution. KS3 net games – scoring, serving, boundary rules.	Knowledge of the Moor Park Warm up. KS3 athletic skills – running, jumping, throwing, pacing, resilience.	KS3 Thinking ME skills – problem solving, decision making, evaluation. KS3 Social ME skills - communication, teamwork, collaboration.



	communication. KS3 Invasion games – passing, defending, attacking etc.		skills - tactics, decision making, problem solving, evaluation. KS3 Social ME skills - communication, teamwork, collaboration.	KS3 Thinking ME – decision making, problem solving, tactical awareness.		
Homework	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	
Cultural enrichment including Trips, Visits, Experiences, Extra- curricular	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures.	Weekly extra-curricular sports clubs at lunch time and after school.	District competitions, tournaments and league fixtures.
Numeracy	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Measuring distances, recording times.	Scoring, umpiring, calculating points totals.
Literacy	Reading of learning objectives and success criteria. Use of formal talk. Recording results.	Reading of learning objectives and success criteria. Use of formal talk.	Reading of learning objectives and success criteria. Use of formal talk. Recording results.	Reading of learning objectives and success criteria. Use of formal talk.	Reading of learning objectives and success criteria. Use of formal talk.	Recording results.
CIAG			Those taking Sports Studies – will participate in a lesson linked to R055 unit (working in the sports industry).			



Key Stage 4 Long Term Planning

Year 11 INTENT: To promote social, physical, mental and emotional well-being and embed healthy active lifestyles in later life through a concept curriculum.

Curriculum Area: PE

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Knowledge	Positive behaviours & attitudes. through Invasion Games (i.e Netball/Basketball/Football) Importance of attitudes and behaviours	Remaining active through Health Related Exercise (HRE) Exploring self-identity Habits Attitudes and motivators Physical Literacy Positive approaches to physical exercise	Health and Well-being through Table tennis/Dodgeball Knowledge of aerobic and anaerobic exercise. Knowledge of social health & fitness. Effects of exercise on mental health. Short term & long-term effects of exercise.	Teamwork through Volleyball Knowledge of effective teams. Positions Rules of the game. Tactics	Engagement Post 16 through Pupil Voice Sport Knowledge of accessible sports. Knowledge of facilities within the area. Knowledge of healthy participation - socially active. Benefits of exercise. Personal fitness.
Skills	Honesty Confidence Commitment Enthusiasm Positivity	Remaining active Developing healthy attitudes and habits Self-reflecting Confidence and competence Positivity	Maintaining good health & fitness. Maintaining good social health. Recognizing good mental health. Identifying short- and long-term effects of exercise.	Teamwork Resilience Communication Cooperation Effective communication Problem solving Leadership	Remaining active Maintaining health Resilience Commitment Confidence Mental and physical wellbeing. Training for purpose Socially active
Connections to previous learning	Knowledge of the Moor Park Warm up. KS3 fundamental skills – running, jogging, turning, bending, reaching etc. KS3 Social ME skills – cooperation, teamwork & communication. Y10 Autumn1 & KS3 – umpiring and ball skills.	Knowledge of the Moor Park Warm up. Y11 Autumn 1 – Positivity. Y10 Autumn 2 – reflection skills. Y10 Summer 1 – fulfilling potential.	KS3/4 Table Tennis – techniques, rules and regulations. Thinking ME skills - tactics, decision making, problem solving, evaluation. Y11 Autumn 1 & 2 – healthy attitudes and behaviours/remaining active. KS3 ball skills – throwing, catching, dodging.	Knowledge of the Moor Park Warm up. Y10 Autumn 1 - Effective teams. KS3/4 net games – scoring, serving, boundary rules. KS3 Thinking ME – decision making, problem solving, tactical awareness.	Knowledge of the Moor Park Warm up. KS3/4 physical, mental, emotional and social skills. KS3/4 Fitness and training.
Homework	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit	Remembering full Moor Park PE kit



Cultural enrichment including Trips, Visits, Experiences, Extra- curricular	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures.	Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures.	Weekly extra-curricular sports clubs at lunch time and after school.	Weekly extra-curricular sports clubs at lunch time and after school.	Weekly extra-curricular sports clubs at lunch time and after school.
Numeracy	Scoring, umpiring, calculating points totals.	Tracking heart rate, counting reps and sets.	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.
Literacy	Reading of learning objectives and success criteria. Use of formal talk. Recording results.	Reading of learning objectives and success criteria. Use of formal talk.	Reading of learning objectives and success criteria. Use of formal talk. Recording results.	Reading of learning objectives and success criteria. Use of formal talk. Recording results.	Reading of learning objectives and success criteria. Use of formal talk. Recording results.
CIAG			Exercise Post 16.		