

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 & 2	Summer 1 & Summer 2		
Knowledge	<p>'Qualities of Success' Resilience (Personal & Physical ME) Organisation (Social ME) Reflection (Thinking ME)</p> <p>Knowledge of safety rules and regulations. Knowledge of Moor Park Warm Up. Knowledge of 'ME in PE' assessment framework.</p>	<p>Netball Knowledge of basic ball skills in isolation and competition. Rules of the game. Positions.</p>	<p>Dance Knowledge of rhythm and timing e.g counting beats. Knowledge of basic dance steps and compositional ideas.</p>	<p>Volleyball Technique and performance of basic skills in isolation and competition. Rules of the game. Scoring. Positions. Basic tactics.</p>	<p>Table tennis Technique and performance of basic skills in isolation and competition. Rules of the game. Scoring. Basic tactics.</p> <p>Orienteering Knowledge of safety rules and regulations. Features of a map. Orientating the map. Points on compass</p>	<p>Football Knowledge of basic ball skills in isolation and competition. Rules of the game. Positions.</p>	<p>Rounders Technique and performance of basic skills in isolation and competition. Rules of the game</p>	<p>Athletics Technique and performance of basic skills in isolation and competition. Rules of the event</p>
Skills	<p>Establishing classroom and changing room routines.</p> <p>Baseline Development/assessment of social, physical, mental and personal skills. Alongside healthy behaviours. (Social ME, Physical ME, Thinking ME, Personal ME).</p>	<p>Netball 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)</p>	<p>Dance Improve self-esteem Develop confidence Linking movements. Control & fluency Timing & Rhythm</p>	<p>Volleyball Ball control Basic Set Basic Dig Basic Serve</p>	<p>Table tennis Basic tactics. Basic decision making. Basic problem solving. Basic evaluation.</p> <p>Orienteering Map reading. Navigation. Decision making. Problem solving.</p>	<p>Football Basic passing Basic control & dribbling Turning Basic defending – 1v1 Basic attacking – 1v1 Shooting Creating space and marking</p>	<p>Rounders Cooperation Collaboration Listening skills Communication skills Sportsmanship Teamwork</p>	<p>Athletics Self- management Resilience. Sustaining effort Confidence Determination</p>
Connections to previous learning	<p>KS2 Locomotion skills i.e running, jogging, walking, hopping.</p> <p>KS2 Fundamental skills – balance, jumping, landing and turning.</p> <p>KS2 Ball skills – throwing, catching, kicking, rolling, striking.</p>	<p>Y7 Transition - Knowledge of the Moor Park Warm up.</p> <p>KS2 Locomotion skills – twisting, turning, balancing, running, jogging.</p>	<p>Knowledge of the Moor Park Warm up.</p> <p>Y7 fundamental skills – running, jogging, turning, bending, reaching etc.</p>	<p>Knowledge of the Moor Park Warm up.</p> <p>KS2 net all wall sports.</p> <p>Y7 Autumn 1 Physical skills – physical literacy, movement, throwing, jumping.</p>	<p>Y7 Transition – Thinking ME; decision making, problem solving, reviewing.</p> <p>KS2 problem solving and decision making.</p>	<p>KS2 Invasion games. /ball skills – throwing, catching, kicking.</p> <p>KS2 Striking and fielding sports– throwing, catching, fielding, batting. Social skills – communication, cooperation and teamwork.</p>	<p>Knowledge of the Moor Park Warm up.</p> <p>KS2 Striking and fielding sports– throwing, catching, fielding, batting. Social skills – communication, cooperation and teamwork.</p>	<p>Knowledge of the Moor Park Warm up.</p> <p>KS2 athletic skills</p> <p>Y7 Dance Personal ME skills – confidence, resilience, determination</p>

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	KS2 Social skills - Communication and teamwork skills.							
Assessment	Baseline assessment: Weekly assessment in each of the 4 'ME's in PE'.	<i>Practical assessment – Physical ME.</i>	<i>Practical assessment – Personal ME.</i>	<i>Practical assessment – Physical ME</i>	<i>Practical assessment – Thinking ME.</i>	<i>Practical assessment – Physical ME.</i>	<i>Practical assessment – Social ME.</i>	<i>Practical assessment – Personal ME.</i>
Homework	Remembering full Moor Park PE kit							
Cultural enrichment including Trips, Visits, Experiences, Extra-curricular	<p>Weekly extra-curricular sports clubs at lunch time and after school.</p> <p>Interform competition</p> <p>District competitions, tournaments and league fixtures.</p> <p>Sports day</p>							
Numeracy	Basic mathematical problem-solving calculations; addition, subtraction, multiplication.	Scoring, umpiring, calculating points totals.	Counting beats of music. Bars of dance movements.	Scoring, umpiring, calculating points totals. Basic Mac's calculations for heart rate.	Scoring, umpiring, calculating points totals. Counting beats.	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Measuring distances, recording times.
Literacy	<p>Reading of learning objectives and success criteria.</p> <p>Use of formal talk.</p> <p>Use of keywords and spelling test.</p>							
CIAG		Dance/Performing Arts careers				Leadership & Coaching		

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

Faculty Area: PE

Year 8	Autumn 1 & 2			Spring 1 & 2	Summer 1 & Summer 2		
Knowledge	Netball Knowledge of ball skills in isolation and competition. Rules of the game. Positions. 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. Tactics.	Table tennis Technique and performance of basic skills in isolation and competition. Rules of the game. Umpiring. Intermediate tactics Orienteering Knowledge of safety rules and regulations. Knowledge of competition rules and regulations. Features of a map. The key. Orienteering techniques; thumbing, relocating.	Football Knowledge of ball skills in isolation and competition. Rules of the game. Positions. Tactics.	Rounders Technique and performance of intermediate skills in isolation and competition. Rules of the game Basic tactics	Athletics Technique and performance of basic skills in isolation and competition. Rules of the event Basic tactics
Skills	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)	Dance Improve self-esteem Develop confidence Linking movements. Control & fluency Timing & Rhythm	Volleyball Ball control Set Dig Serve Positions Tactics	Table tennis Use of tactics. Decision making. Problem solving. Evaluation. Giving feedback. Orienteering Map reading. Navigation. Decision making. Problem solving. Planning.	Football Varied passing. Dribbling to beat a defender -strong and weak foot. Defending as a team. Attacking as a team. Finishing. Evasion.	Rounders Cooperation Collaboration Listening skills Communication skills Sportsmanship Teamwork	Athletics Self- management Resilience. Sustaining effort Confidence Determination
Connections to previous learning	Knowledge of the Moor Park Warm up. Y7 fundamental skills – running, jogging, turning, bending, reaching etc. Y7 Physical skills – passing, dribbling, shooting, marking, defending, attacking.	Knowledge of the Moor Park Warm up. Y7 Dance Themes – unison, Canon, locomotion, levels, formations.	Knowledge of the Moor Park Warm up. Y7 Volleyball skills – basic dig, set, serve. Knowledge of rules. Y7 Physical/social skills – movement around court, teamwork, communication.	Y7 Table Tennis – techniques, rules and regulations, basic tactics, basic decision making, basic problem solving, basic evaluation. Y7 Orienteering – map reading, decision making, problem solving and cooperation/teamwork	Knowledge of the Moor Park Warm up. Y7 fundamental skills – running, jogging, turning, bending, reaching etc. Y7 Physical skills – passing, dribbling, shooting, marking, defending, attacking.	Knowledge of the Moor Park Warm up. KS2/Y7 Rounders/cricket - batting, bowling, fielding, communication, teamwork.	Knowledge of the Moor Park Warm up. KS2 athletics – running, jumping, throwing, Y7 Personal ME skills – resilience, effort, commitment.

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Assessment	<i>Practical assessment – Physical ME.</i>	<i>Practical assessment – Personal ME.</i>	<i>Practical assessment – Physical ME</i>	<i>Practical assessment – Thinking ME.</i>	<i>Practical assessment – Physical ME.</i>	<i>Practical assessment – Social ME.</i>	<i>Practical assessment – Personal ME.</i>
Homework	Remember full Moor Park PE kit.						
Cultural enrichment including Trips, Visits, Experiences, Extra-curricular	Weekly extra-curricular sports clubs at lunch time and after school. Interform competition District competitions, tournaments and league fixtures. Sports day						
Numeracy	Scoring, umpiring, calculating points totals.	Counting beats of music. Bars of dance movements.	Scoring, umpiring, calculating points totals. Basic Mac's calculations for heart rate.	Scoring, umpiring, calculating points totals. Counting beats.	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. Use of keywords and spelling test.						
CIAG	Dance/Performing Arts careers				Leadership & Coaching		Performance Analysis

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

Faculty Area: PE

Year 9	Autumn 1 & 2			Spring 1 & 2	Summer 1 & Summer 2		
Knowledge	<p>Netball Knowledge of intermediate ball skills in isolation and competition. Rules of the game. Positions. Tactics.</p>	<p>Dance Knowledge of rhythm and timing e.g counting beats. Knowledge of basic dance steps and compositional ideas.</p>	<p>Volleyball Knowledge of Basic ball skills in isolation and competition. Rules of the game. Positions.</p>	<p>Table tennis Technique and performance of intermediate skills in isolation and competition. Rules of the game. Umpiring. Styles of play.</p> <p>Orienteering Knowledge of safety rules and regulations. Knowledge of competition rules and regulations. Features of a map. Terrain. Orienteering techniques; thumbing, handrailing.</p>	<p>Football Knowledge of ball skills in isolation and competition. Rules of the game. Positions. Tactics.</p>	<p>Rounders Technique and performance of advanced skills in isolation and competition. Rules of the game Tactics</p>	<p>Athletics Technique and performance of intermediate skills in isolation and competition. Rules of the event/game. Tactics</p>
Skills	<p>Netball Footwork at speed (Pivot, two-foot landing) Passing & receiving (movement patterns & positions) Marking (man to man) Evasion (losing a defender) Shooting (creating space in the 'D') Game play (positions, basic tactics)</p>	<p>Dance Improve self-esteem Develop confidence Linking movements. Control & fluency Timing & Rhythm</p>	<p>Volleyball Ball control Set Dig Serve Linking shots Positions & rotation Spike</p>	<p>Table tennis Use of tactics. Decision making. Problem solving. Planning. Analysis. Goal setting. Giving feedback. Officiating</p> <p>Orienteering Map reading. Navigation. Decision making. Problem solving. Planning. Analysis. Goal setting.</p>	<p>Football Varied passing. Dribbling to beat a defender -strong and weak foot. Defending as a team. Attacking as a team. Finishing. Evasion.</p>	<p>Rounders Organisation Communication Teamwork Leadership Officiating Analysing Goal setting</p>	<p>Athletics Self- management Resilience. Sustaining effort Confidence Determination</p>
Connections to previous learning	Knowledge of the Moor Park Warm up.	Knowledge of the Moor Park Warm up.	Knowledge of the Moor Park Warm up.	Y8 Table Tennis – techniques, rules and regulations.	Knowledge of the Moor Park Warm up.	Knowledge of the Moor Park Warm up.	Knowledge of the Moor Park Warm up.

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	Y8 fundamental skills – running, jogging, turning, bending, reaching etc. Y8 Physical skills – throwing, catching, jumping, dodging, marking, attacking, defending, shooting, passing etc.	Y8 Dance Themes – unison, Canon, locomotion, levels, formations.	Y7/8 net games – scoring, serving, boundary rules. Y8/9 Physical ME – Movement around court, control, physical literacy, special awareness, tactical awareness.	Thinking ME skills - tactics, decision making, problem solving, evaluation. Y8 Orienteering – map reading, decision making, problem solving and cooperation/teamwork.	Y8 fundamental skills – running, jogging, turning, bending, reaching etc. Y8 Physical skills – throwing, catching, jumping, dodging, marking, attacking, defending, shooting, passing etc.	Y8 striking sports - batting, bowling, fielding. Y8/9 Social Me skills - communication, teamwork.	Y8 athletic skills – running, jumping, throwing, pacing, resilience. Y8 Personal ME skills – Confidence, effort, determination, resilience.
Assessment	<i>Practical assessment – Physical ME.</i>	<i>Practical assessment – Personal ME.</i>	<i>Practical assessment – Physical ME</i>	<i>Practical assessment – Thinking ME.</i>	<i>Practical assessment – Physical ME.</i>	<i>Practical assessment – Social ME.</i>	<i>Practical assessment – Personal ME.</i>
Homework	Remember full Moor Park PE kit.						
Cultural enrichment including Trips, Visits, Experiences, Extra-curricular	Weekly extra-curricular sports clubs at lunch time and after school. Interform competition District competitions, tournaments and league fixtures. Sports day						
Numeracy	Scoring, umpiring, calculating points totals.	Counting beats of music. Bars of dance movements.	Scoring, umpiring, calculating points totals. Basic Mac’s calculations for heart rate.	Scoring, umpiring, calculating points totals. Counting beats.	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. Use of keywords and spelling test.						
CIAG	Dance/Performing Arts careers				Leadership & Coaching		Performance Analysis/Technology in Sport

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

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	defending, attacking etc.		communication, teamwork, collaboration.		
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
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.	District competitions, tournaments and league fixtures.	Weekly extra-curricular sports clubs at lunch time and after school.
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.
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.	Recording results.	Reading of learning objectives and success criteria. Use of formal talk.
CIAG	Sports Leadership		Those taking GCSE – will participate in a lesson linked to R055 unit (working in the sports industry).		

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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 & 2		Spring 1 & 2	Spring 2 & Summer 1	
Knowledge	<p><u>Positive behaviours & attitudes.</u> through Invasion Games (i.e Netball/Basketball)</p> <p>Importance of attitudes and behaviours</p>	<p><u>Teamwork</u> through i.e Volleyball</p> <p>Knowledge of effective teams. Positions Rules of the game. Tactics</p>	<p><u>Health and Well-being</u> through i.e Table tennis/Football/Basketball</p> <p>Knowledge of aerobic and anaerobic exercise. Knowledge of social health & fitness. Effects of exercise on mental health. Short term & long-term effects of exercise.</p> <p><u>Remaining active</u> through i.e Dance</p> <p>Exploring self-identity Habits Attitudes and motivators Physical Literacy Positive approaches to physical exercise</p>	<p><u>Remaining active</u> through i.e OAA</p> <p>Exploring self-identity Habits Attitudes and motivators Physical Literacy Positive approaches to physical exercise</p>	<p><u>Engagement Post 16</u> through Pupil Voice Sport</p> <p>Knowledge of accessible sports. Knowledge of facilities within the area. Knowledge of healthy participation - socially active. Benefits of exercise. Personal fitness.</p>
Skills	<p>Honesty Confidence Commitment Enthusiasm Positivity</p>	<p>Teamwork Resilience Communication Cooperation Effective communication Problem solving Leadership</p>	<p>Maintaining good health & fitness. Maintaining good social health. Recognizing good mental health. Identifying short- and long-term effects of exercise.</p> <p>Remaining active Developing healthy attitudes and habits Self-reflecting Confidence and competence Positivity</p>	<p>Remaining active Developing healthy attitudes and habits Self-reflecting Confidence and competence Positivity</p>	<p>Remaining active Maintaining health Resilience Commitment Confidence Mental and physical wellbeing. Training for purpose Socially active</p>
Connections to previous learning	<p>Knowledge of the Moor Park Warm up. KS3 fundamental skills – running,</p>	<p>Knowledge of the Moor Park Warm up. Y10 Autumn 1 - Effective teams.</p>	<p>KS3/4 Table Tennis – techniques, rules and regulations. Thinking ME skills - tactics, decision making, problem solving, evaluation.</p>	<p>Knowledge of the Moor Park Warm up. Y11 Autumn 1 – Positivity.</p>	<p>Knowledge of the Moor Park Warm up. KS3/4 physical, mental, emotional</p>

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	jogging, turning, bending, reaching etc. KS3 Social ME skills – cooperation, teamwork & communication. Y10 Autumn1 & KS3 – umpiring and ball skills.	KS3/4 net games – scoring, serving, boundary rules. KS3 Thinking ME – decision making, problem solving, tactical awareness.	Y11 Autumn 1 & 2 – healthy attitudes and behaviours/remaining active. KS3 ball skills – throwing, catching, dodging.	Y10 Autumn 2 – reflection skills. Y10 Summer 1 – fulfilling potential.	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.	Weekly extra-curricular sports clubs at lunch time and after school.	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.
Numeracy	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Scoring, umpiring, calculating points totals.	Tracking heart rate, counting reps and sets.	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. 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.	Reading of learning objectives and success criteria. Use of formal talk. Recording results.
CIAG	Sports Leadership		Exercise Post 16.		