



# Long Term Plan

<b>Subject</b>	Physical Education	<b>Academic year</b>	2014/15	<b>Class</b>	Key Stage 3
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Autumn: Term 1		Autumn: Term 2	
<p style="text-align: center;"><b>Fitness Training</b></p> <ul style="list-style-type: none"> <li>To know how to warm-up /cool down and reasons for it</li> <li>To understand that different types of activity affect specific aspects of their fitness eg stamina, strength, flexibility etc</li> <li>To experience a range of activities that improve health and fitness eg circuits, running etc</li> </ul> <p style="text-align: center;"><b>Multi Skills</b></p> <ul style="list-style-type: none"> <li>Use a range of running, jumping and throwing techniques, singly and in combination with precision, speed, power or stamina</li> <li>To set targets for pupils to attempt to achieve in various events</li> <li>Focus events: Relay, sprinting, longer distance, soft javelin, speed bounce, target throw</li> </ul>	<p style="text-align: center;"><b>Swimming</b></p> <p>Scheme following the county recognised policy and badges that aim to improve stroke work, water skills and water safety.</p> <p>Taught by county school's swimming teachers, Walton Hall qualified swimming teacher and assistant swimming teacher. Supported either on the side or in the pool by Walton Hall staff.</p>	<p style="text-align: center;"><b>Football/Netball</b></p> <ul style="list-style-type: none"> <li>To learn techniques relevant to the game eg passing, receiving, shooting etc</li> <li>Use the terms attack and defence and work on improving pupils spatial awareness</li> <li>Respond positively to the changing situations of the game</li> </ul>	<p style="text-align: center;"><b>Swimming</b></p> <p>Scheme following the county recognised policy and badges that aim to improve stroke work, water skills and water safety.</p> <p>Taught by county school's swimming teachers, Walton Hall qualified swimming teacher and assistant swimming teacher. Supported either on the side or in the pool by Walton Hall staff.</p>



Spring: Term 1		Spring: Term 2	
<p style="text-align: center;"><b>Football/Netball</b></p> <ul style="list-style-type: none"> <li>To learn techniques relevant to the game eg passing, receiving, shooting etc</li> <li>Use the terms attack and defence and work on improving pupils spatial awareness</li> <li>Respond positively to the changing situations of the game</li> </ul>	<p style="text-align: center;"><b>Swimming</b></p> <p>Scheme following the county recognised policy and badges that aim to improve stroke work, water skills and water safety.</p> <p>Taught by county school's swimming teachers, Walton Hall qualified swimming teacher and assistant swimming teacher. Supported either on the side or in the pool by Walton Hall staff.</p>	<p style="text-align: center;"><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>To learn techniques relevant to the game</li> <li>To use the terms attack and defence and working to improve pupils spatial awareness</li> <li>Respond positively to the changing situations of the game</li> </ul> <p style="text-align: center;"><b>Hockey/Uni hoc</b></p> <ul style="list-style-type: none"> <li>To learn techniques relevant to the game eg passing, receiving, shooting etc</li> <li>Use the terms attack and defence and work on improving pupils spatial awareness</li> <li>Respond positively to the changing situations of the game</li> </ul>	<p style="text-align: center;"><b>Swimming</b></p> <p>Scheme following the county recognised policy and badges that aim to improve stroke work, water skills and water safety.</p> <p>Taught by county school's swimming teachers, Walton Hall qualified swimming teacher and assistant swimming teacher. Supported either on the side or in the pool by Walton Hall staff.</p>
Summer: Term 1		Summer: Term 2	
<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To use a range of running, jumping and throwing techniques. Work on improving accuracy, speed and stamina.</li> <li>To set targets for pupils to attempt to achieve in various events.</li> <li><b>Focus events: Relay, sprinting,</b></li> </ul>	<p style="text-align: center;"><b>Swimming</b></p> <p>Scheme following the county recognised policy and badges that aim to improve stroke work, water skills and water safety.</p> <p>Taught by county school's swimming teachers, Walton Hall qualified swimming teacher and assistant swimming teacher. Supported either on the side or in the pool</p>	<p style="text-align: center;"><b>Tennis/Rounders/Softball/Cricket</b></p> <p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>To learn the basic tennis strokes of forehand and backhand</li> <li>To learn how to serve</li> <li>To be able to participate in a rally</li> <li>To evaluate the performance of themselves and others</li> </ul>	<p style="text-align: center;"><b>Swimming</b></p> <p>Scheme following the county recognised policy and badges that aim to improve stroke work, water skills and water safety.</p> <p>Taught by county school's swimming teachers, Walton Hall qualified swimming teacher and assistant swimming teacher. Supported either on the side or in the pool</p>



<p><b>longer distance, standing long jump, soft javelin, ball throw, triple jump and high jump</b></p>	<p>by Walton Hall staff.</p>	<p><b>Rounders/Softball/Cricket</b></p> <ul style="list-style-type: none"><li>• To learn techniques relevant to the game eg throwing, catching, hitting, stopping the ball working on accuracy and precision</li><li>• Use the terms attack and defence and discuss ways to improve fielding skills.</li></ul>	<p>by Walton Hall staff.</p>
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