

Oswaldtwistle School KS3 PE Long Term Plan

Year 7	Knowledge	Skills	Key words	Links to previous learning	Links to wider curriculum
Autumn Term 1 Table tennis	Be able to use skills and techniques as an individual performer. Be able to apply tactics/strategies ideas as an Individual performer	Serving Forehand/backhand Forehand drive Backhand push Forehand spin Smash	Forehand Topspin Serve Forehand push Backhand push Handshake Grip Goalkeeper stance Doubles	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Autumn Term 2 Badminton	Be able to use skills and techniques as an individual performer. Be able to apply tactics/strategies ideas as an Individual performer	Pan handle grip Introducing the court Overhead clear Underarm clear Underarm long serve Backhand flick serve	Underarm clear Underarm long serve Backhand flick serve Overhead clear Rally Serve The court Racket Grip Shuttle	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Spring Term 1 Basketball	Be able to use skills and techniques as a team performer.	Passing: • BOUNCE • CHEST	Positional awareness Court play Footwork	KS2; By the time pupils come to us they should have been taught to:	English – diction and pronunciation PSHCE – collaboration,

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	Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using basic rules	<ul style="list-style-type: none"> • OVERHEAD • SHOULDER Footwork Shooting (Beef)	Passing Dodging	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Spring term 2 Fitness	Be able to use techniques as an individual performer. Be able to apply compositional ideas as an Individual performer Be able to plan a personal circuit	Basic circuit Boxercise Cooper test Introduce heart rate Components of skill fitness related	Underarm clear Underarm long serve Backhand flick serve Overhead clear Rally Serve The court Racket Grip Shuttle	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Summer term 1 Cricket	Be able to use skills and techniques as a team performer. Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using	Catching and throwing techniques Long barrier technique – fielding Bowling technique Batting technique Game tactics and strategies	Throwing Catching Fielding- Long Barrier technique Batting Technique Bowling Technique Game Tactics	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket,	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision

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	<p>basic rules Be able to plan sports activity sessions (Create warm up) Can recall basis key words.</p>		<p>Wickets Bat Ball</p>	<p>football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>	<p>making Maths- Scoring during game scenarios</p>
<p>Summer term 2 Football</p>	<p>Be able to use skills and techniques as a team performer. Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using basic rules. Be able to plan sports activity sessions (Create warm up) Can recall basis key words</p>	<p>Passing Dribbling and control Turning Passing and moving off the ball Shooting Outwitting an opponent Defensive techniques</p>	<p>Dribble Pass Shoot Foul Offside</p>	<p>KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>	<p>English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios</p>