

Oswaldtwistle School KS4 PE Long Term Plan

KS4	Knowledge	Skills	Key words	Links to previous learning	Links to wider curriculum
Autumn Term 1 Table tennis	<p>Start a rally with an underarm serve</p> <p>Perform a variety of shots both forehand and backhand with some success</p> <p>Try to be effective in a game performing strokes when not under pressure</p> <p>Vary serve and make it difficult to return</p> <p>Play a range of strokes with a good standard of technique, placement and at time disguise</p> <p>Outwit my opponent whilst under pressure demonstrating a high level of skill</p>	<p>Serving</p> <p>Forehand/backhand</p> <p>Forehand drive</p> <p>Backhand push</p> <p>Forehand spin Slice (Forehand and Backhand)</p>	<p>Forehand</p> <p>Topspin</p> <p>Serve</p> <p>Forehand push</p> <p>Backhand push</p> <p>Handshake Grip</p> <p>Goalkeeper stance</p> <p>Doubles</p>	<p>By the time students come to us in KS4, they should have built on and embeded the physical development and skills learned throughout KS1 to 3 and become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They</p>	<p>English – diction and pronunciation</p> <p>PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making</p> <p>Maths- Scoring during game scenarios</p>
Autumn Term 2 Badminton	<p>Play overarm shots which travel over the mid-court area</p> <p>Hold a rally, which includes underarm and overarm shots</p> <p>Complete 2 different types of serve (short and long)</p> <p>Move around the court (chassis) to return and</p>	<p>Recall overhead clear</p> <p>Develop the underarm clear</p> <p>Recall the smash</p> <p>Tactics for single play</p> <p>Introduce net play (kill)</p> <p>Recall single play</p> <p>Introduce Doubles tactics</p>	<p>Underarm clear</p> <p>Underarm long serve</p> <p>Backhand flick serve</p> <p>Overhead clear</p> <p>Rally</p> <p>Serve</p> <p>Racket Grip</p> <p>Shuttle</p>	<p>should have developed the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p>	<p>English – diction and pronunciation</p> <p>PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making</p> <p>Maths- Scoring during game scenarios</p>

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	play shots Correctly keep score for a game			Pupils should be taught to:	
Spring Term 1 Basketball	Demonstrate a set shot and a lay-up with the right technique Demonstrate pivoting comfortably Understand 'double dribble', 'travel' and 'personal foul' rules Accurately execute chest, bounce and overhead passes in a game Dribble in different directions changing the speed of the ball Use a pivot in a game effectively Mark man to man in a game Understand the '3 second' and 'half court' rules	Recap types of passing Use of space awareness Attacking principles – zonal play Defending principles – blocking, zonal play Centre pass – tactics Set plays	Positional awareness Court play Footwork Passing Dodging	<ul style="list-style-type: none"> ♣ use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] ♣ develop their technique and improve their performance in other competitive sports ♣ take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group ♣ analyse their performances 	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Spring term 2 Fitness	Skill replication in a range of fitness activities. Use a range of health and fitness terminology. Understanding of the way the body responds to exercise using appropriate	Interval training Fartlek training Components of fitness testing Cooper 12 minute run 30 m sprint test Ruler drop Sit and Reach Test Tennis ball	Sets Reps Cooper test Heart rate Circuits		English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making

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	terminology. Lead warm up & cool down routines Circuit movements Tests for components of fitness Running for speed/endurance	coordination Illinois Agility Run Circuits – Netball specific Circuits – Basketball specific		compared to previous ones and demonstrate improvement to achieve their personal best ♣ take part in competitive sports and activities outside school	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 basic rules Be able to plan sports activity sessions (Create warm up)	Recall fielding techniques Batting defensive shot Recall drive and pull Wicket keeping Recall bowling technique Recall throwing and catching Bowling development – technique Batting development Fielding roles	Throwing Catching Types of shot; Pull Drive Game Tactics Wickets Bat Ball Bowling LBW Umpire	through community links or sports clubs.	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Summer term 2 Football	Pupils will recap the basic skills needed to play football. These skills will be placed into competitive games. Tactics and positions will need to be learnt to progress their skill level further. The more complex skills learnt in year 9 will also be used to create competitive	Recall control and turning Shooting development Passing – lofted pass Beating an opponent Defensive tactics Set plays- tactics with width	Dribble Pass Shoot Foul Offside		English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios

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	<p>small sided games if necessary. To know all of the basic skills and techniques. To be able to show they can perform these in more complex practice situation's. Throughout each lessons the basic skills will be added onto and repeated if not in isolation then in conditioned games or full sided game..</p>				
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