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**Long Term Mapping**

 **KS3 Physical Education**

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|  | **Cycle 1** | **Cycle 2** | **Cycle 3** |
| **(2024-2025)** | **(2022-2023)** | **(2023 – 2024)** |
| **Autumn**  | **1** | Basketball  | Gymnastics  | Hockey |
| **2** | Gymnastics | Rugby  | Gymnastics  |
| **Spring** | **1** | Cricket  | Tennis  | Outdoor Education |
| **2** | Athletics  | Athletics  | Athletics  |
| **Summer**  | **1** | Outdoor Education | Volleyball  | Football  |
| **2** | Rounders  | Outdoor Education  | Softball  |

INVASION GAMES / ATHLETICS / FIELDING and STRIKING

* Children will learn a variety of skills. They will be able to understand the mutual respect needed to compete in a sporting competition.
* This will be evident through the way they conduct themselves when they compete. They will be tolerant of the different faiths and beliefs that contribute to team competitions locally, nationally and internationally.
* The children will understand that they are to be compliant with the rules of a game and that we live in a democratic society where both men and women can play mixed sports.

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| **Key stage 3 MEDIUM-TERM PLANNING 2022-2023** |
| ***Aspiration for Life*** | Differentiated, aspirational targets dependent on pupil needs. | ***Language for Life*** | Explicit teaching/ exposure to new and know vocabulary. | ***Learning for Life*** | Topics linked to the Gatsby Bench Mark  |
| **CYCLE 2** | To challenge and further develop all learners gross motor skills, regardless of the their physical ability. Breaking down specific skills into small achievable steps, allowing learners continued opportunities to improve their swimming capabilities above the national requirements and to access leisure facilities within the community, all contribute to pedagogy of the learner. At Tor View we aim to follow Sports England vision ' Everyone in England regardless of age, background or ability, feels able to take part in sport or activity.' |  **Gymnastics Rugby** |  **Tennis Athletics**  |  **Volley Ball Outdoor education**  |
| **Autumn 1**7 weeks | **Autumn 2**7 weeks | **Spring 1**6 weeks | **Spring 2**6 weeks | **Summer 1**5 weeks | **Summer 2**7 weeks |
|  |  |  |  |  |  Navigation inside& yardNavigation bike track / sensory garden |
| -Floor work - 4 weeks -Apparatus and floor – 3 week |  Team work invasion games. To develop pupils throwing and catching. Learning of the basic rules | Navigation inside& yardNavigation bike track / sensory garden | Track – 3 weeksField - 3 weeks | Ball control skillsDifferent passes Partner games Small gameGame/ rules  |
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| **SUGGESTED Skills** |
| Paired symmetrical balances Performing a routine / sequence Mirroring and canon Evaluating performances  | Different passes Passing backwardsScoring Defending / intercepting Attacking Basic rules Being an official | Hand/eye coordination games with hand and ball, then with a racketUse of a balloonDifferent sized balls Different shotsSimple games | Pupils to watch clips of the Olympics and engage in different events performing at their maximum. To experience the different roles understand positioning.  | Rally’s in 2’s using a beach ball, balloonMovement / reaction games 2v2 3v3 | Reading simple maps Making a mapFinding placesUnderstanding what the symbols meanSimple directionsTeam work |
| **VOCABULARY** |
| Body Tension **Still****Balance** Rhythm Land / dismount Pirouettes - spin**Linking** **Travel**Aesthetically pleasing Apparatus / **equipment** | **Try - score** **Intercept****Dodge****Run** **Throw / pass****Forwards. Backwards****Line out / out of play****Tag** | **Net****Ball****Racket****Match****Hit** **points**StrikeForehand / backhand Serve  | Take off, starting line Shot put - **ball**Javelin - **stick** Discus - **hoop**Sprint - **run** Hurdles – **step** Commands - **go****Analyse** | DigSetSpikeFoul **Ball****Net****Game****Scoring/ points**  | Orientation TurnLocationDirection Navigation / findMapsCompassSafetySymbols |
| **IMPLEMENTATION** |
| Week 1: Review simple balances with tensionWeek 2: Review different role to link balances Week 3 partner balances Week 4: Partner sequences Week 5: Partner sequences continueWeek 6: full sequence –evaluating performance Week 7: Assessment |  Week 1: passing in pairsWeek 2: passing in a teamWeek 3 : Intercepting Week 4: Dodging Week 5: Rules/Tag gameWeek 6: Official / Tag gameWeek 7: Assessment | Week 1: racket skills, how to hold a racketWeek 2: Maintaining a rally Week 3 : Singles matches Week 4 : Single matches Week 5 Double matches Week 6: Rules/ scoring | Week 1: Long / triple jumpWeek 2: Sprinting / Hurdles Week 3 : JavelinWeek 4: Shot out / discus Week 5: long distance/relayWeek 6 : Assessment  | Week 1: BiggingWeek 2: setting Week 3 : digging / seting rallyWeek 4: rules of a game 1v1 2v2Week 5: rules of a game 1v1 2v2Week 6 : Being an official | Week 1: map reading hallWeek 2: map making yardWeek 3 direction yardWeek 4: map reading fieldWeek 5: map making gardenWeek 6: map reading compWeek 7: Assessment |

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| **Autumn 1**7 weeks | **Autumn 2**7 weeks | **Spring 1**6 weeks | **Spring 2**6 weeks | **Summer 1**5 weeks | **Summer 2**7 weeks |
|  |  |  |  |  | Batting skillsFielding skillsRules   |
| Passing / stopping – 1weeksDribbling / control - 2weeksAttacking/defending-2weeksGames/rules - 1week | -Floor work - 4 weeks -Apparatus and floor – 3 week  | Navigation inside& yardNavigation bike track / sensory garden | Track – 3 weeksField - 3 weeks | Ball control skillsPartner games Small gameGame/ rules  |
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| **SUGGESTED Skills** |
| Different passes Passing backwardsScoring Defending / intercepting Attacking Basic rules Being an official  | Rolls Take off and landingGiving peer feedbackTraveling along equipment  | Reading simple maps Making a mapFinding placesUnderstanding what the symbols meanSimple directionsTeam work | Pupils to watch clips of the Olympics and engage in different events performing at their maximum. To experience the different roles understand positioning.   | Kicking towards a targetKicking against a wall (continuous)Dribble in a lineDribble round cones ShootingSimple games / rules  | Underarm throw Overarm throwCatchingBatting practice – differentiated bats/rackets etc Working as a tem |
| **VOCABULARY** |
| Try - **score** InterceptDodge**Run** Throw / pass**Forwards. Backwards**Line out / out of play**Tag** | **Body Tension** **Still****Balance** Rhythm **Land** / dismount Pirouettes - **spin**Linking **Travel**Aesthetically pleasing Apparatus / **equipment** | Orientation **Turn**Location**Direction** Navigation / find**Maps**CompassSafetySymbols | Take off, starting line Shot put - **ball**Javelin - **stick** Discus - **hoop**Sprint - **run** Hurdles – **step** Commands - **go****Analyse** | **Kick** **Pass** Dribble**Shoot****Ball****Net**Referee Penalty Foul **Position**  | Hit **Strike** ThrowCatchRun **Batting / fielding** **Stump** **Positions** |
| **IMPLEMENTATION** |
| **Week 1:** passing in pairs**Week 2:** passing in a team**Week 3 : I**ntercepting**Week 4:** Dodging **Week 5:**  Rules/Tag game**Week 6:** Official / Tag game |  **Week 1:** pencil/dish roll**Week 2:** forward / teddy**Week 3** start/finish **Week 4:** sequence **Week 5:** balances**Week 6:** full sequence **Week 7:**  Assessment | **Week 1:** map reading hall**Week 2:** map making yard**Week 3** direction yard**Week 4:** map reading field**Week 5:** map making garden**Week 6:** map reading comp**Week 7:**  Assessment | **Week 1:**  Long / triple jump**Week 2:** Sprinting / Hurdles**Week 3 :** Javelin**Week 4:** Shot out / discus**Week 5:**  long distance/relay**Week 6** : Assessment  | **Week 1:**  dribbling **Week 2:** dribble**Week 3 : passing** **Week 4: shooting****Week 5:**  2v1 games **Week 6** : games / official  | **Week 1:**  Throwing / catching **Week 2:** Over / underarm**Week 3 :** batting **Week 4:** Fielding**Week 5:**  Games **Week 6** : Assessment |
| **INTENT** |