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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& yard  Navigation 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& yard  Navigation bike track / sensory garden | | Track – 3 weeks  Field - 3 weeks | | Ball control skills  Different passes  Partner games  Small game  Game/ rules | |
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| **SUGGESTED Skills** | | | | | | | | | | |
| Paired symmetrical balances  Performing a routine / sequence  Mirroring and canon  Evaluating performances | | Different passes  Passing backwards  Scoring  Defending / intercepting  Attacking  Basic rules  Being an official | | Hand/eye coordination games with hand and ball, then with a racket  Use of a balloon  Different sized balls  Different shots  Simple 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, balloon  Movement / reaction games  2v2  3v3 | | Reading simple maps  Making a map  Finding places  Understanding what the symbols mean  Simple directions  Team 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**  Strike  Forehand / backhand  Serve | | Take off, starting line  Shot put - **ball**  Javelin - **stick**  Discus - **hoop**  Sprint - **run**  Hurdles – **step**  Commands - **go**  **Analyse** | | Dig  Set  Spike  Foul  **Ball**  **Net**  **Game**  **Scoring/ points** | | Orientation  Turn  Location  Direction  Navigation / find  Maps  Compass  Safety  Symbols |
| **IMPLEMENTATION** | | | | | | | | | | |
| Week 1: Review simple balances with tension  Week 2: Review different role to link balances  Week 3 partner balances  Week 4: Partner sequences  Week 5: Partner sequences continue  Week 6: full sequence –evaluating performance  Week 7: Assessment | | Week 1: passing in pairs  Week 2: passing in a team  Week 3 : Intercepting  Week 4: Dodging  Week 5: Rules/Tag game  Week 6: Official / Tag game  Week 7: Assessment | | Week 1: racket skills, how to hold a racket  Week 2: Maintaining a rally  Week 3 : Singles matches  Week 4 : Single matches  Week 5 Double matches  Week 6: Rules/ scoring | | 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: Bigging  Week 2: setting  Week 3 : digging / seting rally  Week 4: rules of a game 1v1 2v2  Week 5: rules of a game 1v1 2v2  Week 6 : Being an official | | 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 |

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| ***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 3** | 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.' | **Hockey Gymnastcis** | | | | **Outdoor education Athletics** | | | | **Football Soft ball** | | |
| **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 skills  Fielding skills  Rules |
| Passing / stopping – 1weeks  Dribbling / control - 2weeks  Attacking/defending-2weeks  Games/rules - 1week | | -Floor work - 4 weeks  -Apparatus and floor – 3 week | | Navigation inside& yard  Navigation bike track / sensory garden | | Track – 3 weeks  Field - 3 weeks | | Ball control skills  Partner games  Small game  Game/ rules | |
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| **SUGGESTED Skills** | | | | | | | | | | |
| Different passes  Passing backwards  Scoring  Defending / intercepting  Attacking  Basic rules  Being an official | | Rolls  Take off and landing  Giving peer feedback  Traveling along equipment | | Reading simple maps  Making a map  Finding places  Understanding what the symbols mean  Simple directions  Team 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 target  Kicking against a wall (continuous)  Dribble in a line  Dribble round cones  Shooting  Simple games / rules | | Underarm throw  Overarm throw  Catching  Batting practice – differentiated bats/rackets etc  Working as a tem |
| **VOCABULARY** | | | | | | | | | | |
| Try - **score**  Intercept  Dodge  **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**  Compass  Safety  Symbols | | 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**  Throw  Catch  Run  **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** |