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**Long Term Mapping**

**KS4 Physical Education**

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|  | | **Cycle 1** | **Cycle 2** |
| **(2022-2023)** | **(2023 -2024)** |
| **Autumn** | **1** | Leisure walks / outdoor and adventurous | Leisure walks / outdoor and adventurous |
| **2** | Cycling | Cycling |
| **Spring** | **1** | Gym | Gym |
| **2** | Tennis | Tennis |
| **Summer** | **1** | Athletics | Athletics |
| **2** | Golf | Golf |

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 4 MEDIUM-TERM PLANNING 2019-2020** | | | | | | | | | | | | |
| ***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 1** | 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.' | **Outdoor and adventurous** Cycling | | | | **Gym Tennis** | | | | **Golf Athletics** | | |
| **Autumn 1**  7 weeks | | **Autumn 2**  7 weeks | | **Spring 1**  6 weeks | | **Spring 2**  6 weeks | | **Summer 1**  5 weeks | | **Summer 2**  7 weeks |
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| Local walks around school and within Rosedale. To work together as a team and overcome and problems that may arise. | | Individual cycling targets to be worked on the secondary yard, bike track and local streets/ roads | | Pupils have their own gym programmes and aim to show improvement at the end the 6 weeks. | | Pupils visit the Burnley Tennis club and the sessions are delivered by a specialist coach | | Pupils attend Rossendale Golf Club and are coached by specialists and work on a set progressive program. | | Pupils attend Seed Hill athletics club in Nelson, where they have access to professional athletics equipment |
| **SUGGESTED Skills** | | | | | | | | | | |
| Navigating around the local school grounds, local areas, Peel Tower, Halo. | | 1. **groups -**   -Community riding- year11  -Year 10 - passport to safer cycling course  -confidence building and adaptive bikes (see cycling steps) | | 3 differentiated programme to follow.  Health and safety induction to be carried out  Staff supporting in the different areas | | Racket skills  Hand eye coordination tasks  Grip  Shots (throw hit catch)  Rules / Scoring  Games | | Looking and using the different clubs  Golf etiquette  Basic rules | | Tour of the facilities and where each event takes place  Health and Safety talks  To explore and use real / full sized equipment  Compete against others  Support others |
| **VOCABULARY** | | | | | | | | | | |
| **Map**  **Team work**  Trust  **Direction**  Navigate  **Green Cross Code**  Good Citizen  Orientate Compass | | **Stop / go**  **Brake**  **Bike Helmet**  Steer  **Road**  Check **Safety**  Signal  **Cars bus lorry** / traffic | | **Warm up**  Cool down  Programme  **Safety**  Machines  Cardio  **Fitness / health**  Flexibility / Stamina  Muscle tone | | Grip / **hold**  **Racket**  **Net**  Forehand / Backhand  Serve  **shot**  **Over**  Angle | | **Grip**  Stance  Swing  Putt  Parr  **Club**  **Hole**  **flag** | | Take off, starting line  Shot put - **ball**  Javelin - **stick**  Discus - **hoop**  Sprint - **run**  Hurdles – **step**  Commands - **go**  **Analyse** |
| **IMPLEMENTATION** | | | | | | | | | | |
| **Week 1:** Green cross code  **Week 2:** working together  **Week 3:**Map reading  **Week 4:** direction  **Week 5:** location on maps  **Week 6:** covering distance  **Week 7:**  Assessment | | **Week 1:**refresher  **Week 2 – 6 -** work on course booklet and individual targets  **Week 7:**  Assessment | | **Week 1:** induction to CV equipment - set programme  **Week 2 - 6 - :** induction to other machines and work on their programme  **Week 6:**Assessment | | **Week 1:** walk round facility and basic induction  **Week 2, 3 4 -** Forehand, backhand and serve  **Week 5** - Games | | **Week 1:** walk round facility and basic induction  **Week 2 - 5 –** To work on individual programs | | **Week 1** - walk round facility and basic health and safety discussion  **Week 2,3,4** - main throwing event  **Week 4,5** - track events  **Week 6 -** long / triple jump |
| **INTENT** |