



## Long Term Curriculum Plan 2025-26 (Physical Education)

Class	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<p><b>Topic:</b> Pickleball/ Dodgeball Basketball, HRF, gymnastics</p> <p><b>Intent:</b> *Passing / dribbling / developing tactics *The various elements of fitness &amp; health * Forehand &amp; Backhand</p>	<p><b>Topic:</b> Badminton / OAA Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation * Serving and controlling power</p>	<p><b>Topic:</b> OAA, Netball Table Tennis, Football, HRF</p> <p><b>Intent:</b> *Consolidate tactics and technique * Begin to link skills &amp; adapt performance to improve. * Team Play</p>	<p><b>Topic:</b> Tag Rugby , Badminton Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation</p>	<p><b>Topic:</b> Netball, Tag Rugby Cricket, Rounders, Athletics</p> <p><b>Intent:</b> * Striking objects with control &amp; accuracy * Bowling &amp; Fielding using tactics &amp; Plans *Consolidate tactics and technique</p>	<p><b>Topic:</b> Dodgeball, Pickleball Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation</p>
Year 8	<p><b>Topic:</b> Pickleball/dodgeball Basketball, HRF, gymnastics Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation * Rallying and serving</p>	<p><b>Topic:</b> Badminton / OAA Basketball, HRF, Handball Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Passing / dribbling / developing tactics *The various elements of fitness &amp; health * Badminton basic tactics * Rules and regulations</p>	<p><b>Topic:</b> OAA, Netball Table Tennis, Football, HRF Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation * Consolidate tactics and technique * Begin to link skills &amp; adapt performance to improve. * Team Play</p>	<p><b>Topic:</b> Tag Rugby, Badminton Table Tennis, Football, HRF Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Consolidate tactics and technique * Begin to link skills &amp; adapt performance to improve *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation</p>	<p><b>Topic:</b> Netball, Tag Rugby Athletics, Rounders, Cricket Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation * Striking objects with control &amp; accuracy * Bowling &amp; Fielding using tactics &amp; Plans *Consolidate tactics and technique</p>	<p><b>Topic:</b> Dodgeball, Pickleball Cricket, Rounders, Athletics, Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation * Striking objects with control &amp; accuracy * Bowling &amp; Fielding using tactics &amp; Plans *Consolidate tactics and technique</p>

Year 9	<p><b>Topic:</b> Pickleball/dodgeball Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation * Game play &amp; tactics</p>	<p><b>Topic:</b> Badminton / OAA Basketball, HRF, Handball</p> <p><b>Intent:</b> *Passing / dribbling / developing tactics *The various elements of fitness &amp; health * Badminton basic tactics * Rules and regulations</p>	<p><b>Topic:</b> OAA, Netball Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation</p>	<p><b>Topic:</b> Tag Rugby, Badminton Table Tennis, Football, HRF</p> <p><b>Intent:</b> *Consolidate tactics and technique * Begin to link skills &amp; adapt performance to improve. * Outwitting opponents in different forms</p>	<p><b>Topic:</b> Netball, Tag Rugby Climbing, Survival, Swimming</p> <p><b>Intent:</b> *Offsite fitness, problem solving, teamwork or lifesaving skills on rotation * Outwitting opponents and use of tactics.</p>	<p><b>Topic:</b> Dodgeball, Pickleball Cricket, Rounders, Athletics,</p> <p><b>Intent:</b> * Striking objects with control &amp; accuracy * Bowling &amp; Fielding using tactics &amp; Plans *Consolidate tactics and technique</p>
Year 10	<p><b>Topic:</b> Entry Level Theory &amp; Practical</p> <p><b>Intent:</b> * Analysis of performance PPT * Practical sport and video (Basketball, HRF)</p>	<p><b>Topic:</b> Climbing &amp; Survival</p> <p><b>Intent:</b> * A range of activities to give pupils everyday functional life skills and a level of physical fitness</p>	<p><b>Topic:</b> Entry Level Theory &amp; Practical</p> <p><b>Intent:</b> * Analysis of performance PPT * Practical sport and video (Badminton, Handball)</p>	<p><b>Topic:</b> Climbing &amp; Survival</p> <p><b>Intent:</b> * A range of activities to give pupils everyday functional life skills and a level of physical fitness</p>	<p><b>Topic:</b> Entry Level Theory &amp; Practical Choices</p> <p><b>Intent:</b> *Continue entry level qualification *Choices of practical sports both on and offsite</p>	<p><b>Topic:</b> Entry Level Theory &amp; Practical Choices</p> <p><b>Intent:</b> *Continue entry level qualification *Choices of practical sports both on and offsite</p>
Year 11	<p><b>Topic:</b> Climbing &amp; Survival</p> <p><b>Intent:</b> * A range of activities to give pupils everyday functional life skills and a level of physical fitness</p>	<p><b>Topic:</b> Entry Level Practical</p> <p><b>Intent:</b> * Multi Sport Activities / competitions and HRF option.</p>	<p><b>Topic:</b> Climbing &amp; Survival</p> <p><b>Intent:</b> * A range of activities to give pupils everyday functional life skills and a level of physical fitness</p>	<p><b>Topic:</b> Entry Level Practical</p> <p><b>Intent:</b> * Multi Sport Activities / competitions and HRF option.</p>	<p><b>Topic:</b> Entry Level Theory &amp; Practical Choices</p> <p><b>Intent:</b> *Continue entry level qualification *Choices of practical sports both on and offsite</p>	<p><b>Topic:</b> Entry Level Theory &amp; Practical Choices</p> <p><b>Intent:</b> *Continue entry level qualification *Choices of practical sports both on and offsite</p>

**Invasion Games:** Football, Hockey, Basketball, Netball, Flag Football, Tag Rugby, Handball

**Net & Wall Games:** Volleyball, Badminton, Table Tennis, Tennis, Pickleball,

**Striking & Fielding Games:** Cricket, Rounders, Teeball, Softball

**Target Games:** Dodgeball, Archery, Boccia, Golf, footgolf, corn hole, New Age Kurling, Benchball

**Games Understanding:** Game formation, rules, tactical knowledge, decision making, teamwork, skill execution

**Alternative / Minority Sports:** Ultimate Frisbee, Tchoukball, Korfbal, Kabaddi, Lacrosse

**Health related Exercise:** Warm Ups, Personal Best, Fitness Testing, our body's reaction, Aerobic Exercise