

# Long Term Curriculum Plan– Health & Fitness/PE

Lessons per week:	1.5	One full afternoon and 45 minutes built in through the week
Monday's enrichment focus is health & fitness, during this afternoon pupils will experience various sporting interests, on Tuesday afternoon they will focus on skills in sporting disciplines.		

Yr 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Team sports: football, rugby, basketball, Gaelic football, cricket, table tennis		Trampolining, gymnastics, dance, swimming		Athletics – running, sprinting, middle and long distance, long jump, high jump, discus Summer sports – Tennis, rounders, badminton.	
<b>Knowledge &amp; Skills</b>	<p><b>Knowledge:</b>            Basic skills, techniques and tactics used in sports and physical activities            Fundamental rules and regulations for a range of sports and the need for officials            Components of a warm up and cool down            Immediate effects of exercise of body and basic training methods to improve cardiovascular fitness            Some compositional ideas to improve dance            Safety factors during physical activity and sport            Leading fit and healthy lifestyles</p> <p><b>Skills:</b>            Racquets/striking and fielding/invasion games/athletics/dance/outdoor and adventurous activities/health related exercise • teamwork            Fundamental techniques in a range of sports in isolation and simple drills            Overcoming opponents in competitive situations in team and individual games (e.g. rugby/netball/badminton/tennis).            Decision making in competitive sports            Basic dance styles and techniques, including replication and some creativity • simple reasoning and questioning in attempting to solve problems            Identifying strengths and weaknesses of their own and others' work            Leadership of warm ups and cool downs            Officiating low stakes practices in some sports KASH Reporting Criteria in PE: Knowledge and Skills</p>					
<p><b>By the end of year 1 pupils will be able to;</b>            The main focus of this year is learning skills and practising through repetition. These skills should be shown using the correct model (video/demonstration). Skills should be broken down into parts.            For example, sprinting; 1. Correct head positioning 2. Pump arms back and forth 3. Large strides</p> <p>Skills to be used in small game situations to be developed further.</p>						

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Team sports: football, rugby, basketball, Gaelic football, table tennis		Trampolining, gymnastics, dance, swimming		Athletics – running, sprinting, middle and long distance, long jump, high jump, discus	
Knowledge & Skills	<p><b>KNOWLEDGE:</b>            More advanced skills, techniques and tactics used in sports and physical activities            Rules and regulations for a range of sports and the roles of different types of officials            The components of an activity session (warm-up, main activity, conditioned practice, cool down)            The immediate and some long-term effects of exercise on the body and training methods to improve at least two components of fitness            More advanced compositional ideas to improve performance in Dance            Safety factors during physical activity and sport for more advanced activities (e.g. scrummaging in rugby)            The benefits of leading fit and healthy lifestyles including extracurricular sports clubs</p> <p><b>SKILLS:</b>            Racquets/striking and fielding/invasion games/athletics/dance/outdoor and adventurous activities/health related exercise            Teamwork            Techniques in a range of sports in increasingly complex drills under pressure            Overcoming challenging opponents in competitive situations in team and individual games (e.g. rugby/netball/badminton/tennis).            Pressured decision making in competitive sports, including some analysis of opponents' strategies • Contemporary and traditional dance styles and techniques, including accurate replication and developing choreography            Reasoning, questioning, and listening to the contributions of others to solve problems            Identifying strengths and weaknesses of their own and others' work and suggesting improvements            Leadership of warmups, basic drills and cool downs            Officiating with competence in a greater range of sports and roles</p>					
<p><b>By the end of year 2, pupils will be able to.</b>            During this year, there is more of a focus on advantageous play. This is when you alter your tactics or strategies to gain an advantage. This is a natural progression from learning the skills.</p>						

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Team sports: football, rugby, basketball, Gaelic football, table tennis		Trampolining, gymnastics, dance, swimming		Athletics – running, sprinting, middle and long distance, long jump, high jump, discus	
Knowledge & Skills	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Advanced strategies, tactics and skills used in sports and physical activities.</li> <li>• Rules and regulations for a range of sports and the roles of different types of officials</li> <li>• Short and long-term effects of exercise on the body to muscular, cardiovascular and respiratory systems</li> <li>• Choreographed dances with advanced ideas</li> <li>• Safety factors during physical activity and for more advanced activities</li> <li>• Components of fitness and how you can improve them by using methods/principles of training of training</li> <li>• Benefits of leading a healthy active lifestyle – through exercise and diet, to also include physical activity outside of school.</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Racquets/striking and fielding/invasion games/athletics/dance/health related exercise</li> <li>• Teamwork</li> <li>• Advanced techniques, strategies, and tactics in a range of sports in competitive game situations</li> <li>• Being able to make the correct decisions in competitive situations to allow you to beat an opponent regularly</li> <li>• Contemporary and traditional dance styles and techniques, developing choreography and using the four dance key themes effectively in your work</li> <li>• Analysing performance of yourself and others during performance to alter the outcome of a game</li> <li>• Leading groups of students on part of a session, feeding back so others can make improvements</li> <li>• Officiating a variety of roles within a sport – linesman and referee in badminton and over more than one sport</li> </ul>					
	<p><b>By the end of year 2, pupils will be able to;</b></p> <p>This year is a culmination of the previous 2 years. Pupils should be using, skills and knowledge to be successful in games. Pupils will also be working on beating personal records in events such as athletics. Pupils should be able to officiate games and game situations.</p>					

### Our Aim:

We aim to deliver our PE curriculum through our enrichment curriculum, pupils will focus on Health & Fitness for one afternoon, this gives pupils the opportunity to experience various sporting disciplines they may not get the opportunity to experience. We can also dedicate more time to sport such as football, tennis, trampolining and athletics. Pupils will also have the opportunity to build skills in various sports in the dedicated PE lesson. We aim to be creative in our teaching, through onsite and offsite activities and venues. Often, our core curriculum subject areas will incorporate elements of PE, Health & Fitness, each subject will map were these and other foundation subject cross over.