<u>Girls PE</u>

Long Term Plan

Lon	Long Term Plan															
Half term	Week 1	(4th Sep)	Week 2 (1	I1th Sep)	Week 3 (18th Sep)	Week	4 (25th Sep)	Week 5 ((2nd Oct)	Week	6 (9th Oct)	(16th Oct)	Week 7	Week 8 (23rd Oct)	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
	Baseline testing	Baseline testing	Fitness	Netball	Fitness	Netball	Fitness	Netball	Fitness	Football	Table tennis	Football	Table tennis	Football	Table tennis	Netball
1	Aerobic enduranc e test- MSF test, Muscular enduranc	Focus: Aerobic test- 12-minute cooper test Muscular endurance- 1 min plank test.	Focus: Circuit training	Focus- Ball familiarizati on	Focus: Boxercise	Focus- Passing	Focus: Boxercise	Focus: Shooting	Focus: Aerobic/Sp eed training	Focus: Side foot passing/rec eiving	Focus- Grip/back hand push technique	Focus: Passing-	Focus- Forehand push shot technique	Focus: Dribbling	Focus- serve	Focus: Defensive strategies
Retriev al	ompare scores to	Record/com pare scores to previous years	What is circuit/how to complete	Rules of netball	Different types of punches/s tance	Types of passes used/teach ing points	Different types of punches/s tance	Teaching points for shooting effectively	Different methods used for this training	Side foot technique		Different types of passes		Tips for control while dribbling		Tactics used to defend
	Week 1 (6th Nov)		Week 2 (13th Nov)		Week 3 (20th Nov)		Week	/eek 4 (27th Nov) Weel		5 (4th Dec) Week 6 (1		• (11th Dec) Week 7 (18		18th Dec)		
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor		Outdoor	
2	Table tennis	Netball	Fitness	Netball	Fitness	Football	Fitness	Football	Table tennis	Football	Table tennis	Netball	Table tennis		Netball	
	Focus- forehand topspin	Focus- Attacking play	Focus: Calories/di et	Focus- Positions (part 1)	Focus: Student led circuit session	Focus: Turns	Focus: Student led circuit session	Focus: Shooting	Focus- backhand topspin	Focus: Positioning	Focus- Doubles/si ngles gameplay	Focus- Positions (part 2)	Focus- Imple of skills/gam		Focus- Skill situation	ls in game
Retriev al		Different attacking strategies	What are calories, how does weight gain/loss happen	Different positions/ar eas	How to plan an effective circuit session	Different turns/techn ique for each	How to plan an effective circuit session	Different types of shots/tips for shooting		Positions/r oles		Different positions/areas			Recap key	skills learnt
3		Week	l (8th Jan)		Jan)	Week 2 (15th	n Wee	ek 3 (22nd Jan)		Week 4 (29th	Jan)			Week 5 (5th F	eb)	



	Indoor Outdoor		Indoor	Indoor Outdoor		Outdoo r	Indoor	Outdoor	Indoor	Outdoor
	Badminton	Handball	Badminton	Handball	Badminton	Rugby	Badminton	Rugby	Basketball	Rugby
	Focus: racket/shuttle familiarization /serving	Focus: Ball familiarization/knowledge of rules	Focus: drop shot	Focus: Passing	Focus: smash shot/	Focus: Ball familiari zation	Focus- clear shot	Focus: Passing	Focus: Ball familiarization	Focus: Passing/use of width
Retriev al	Badminton rules	Handball rules	Drop shot use/teaching points	Types of passes	smash shot teaching points	Rules of rugby	Clear shot use/teachin g points	Passing technique teaching points	Rules of basketball	Passing technique tips

	Week 1	(19th Feb)	Week 2 (26th Feb)	Week 3 (4th March)	Week 4	(11th March)		Week 5 (*	18th March	h)	Week &	6 (25th March)
	Indoor	Outdoor	Indoor	Outdoor	Outdoor	Outdoor	Indoor	Outdoor	Indo	oor	Οι	utdoor	Indoor	Outdoor
	Basketball	Handball	Basketball	Handball	Basketball	Handball	Badminton	Basketbal	l Badmi	inton	R	Rugby	Badminton	Rugby
4	Focus: Ball familiarization/ Passing	Focus: Dribbling	Focus: Dribbling/Pivot	Focus: Outwitting opponents			Focus- game play tactics	Focus: Kicking/attacking/d efensive tactics						
Retrieval	Different types of passes	Dribbling teaching points	Dribbling rules	Defensive tactics		Teaching points for effective shooting/jump shot technique	Recap effective areas to target		Rules of do compared singles		Tackling technique			Attacking tips
	Week 1	(15th April)	Week 2 (2	22nd April)	Week	3 (29th April)		Week 4 (6th N	lay)	We	eek 5 (13tł	h May)	Week 6 (20th May)	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Outdoor		Outdoor	loor Outdoor		Outdoor	Outdoor	Outdoor
5	Volleyball	Athletics	Volleyball	Athletics	Volleyball	Athletics	Rounders		Athletics			Athletics	Rounders	Athletics
	Focus- Set Focus: Focus- Spike shot 100m/Discus		Focus- Spike	Focus: 100m/Discus			iple Focus: Cat skills/Long	hing/fielding Focus: 200m/triple jump		Focus: Throwing technique		⁼ ocus: 400m/High ump	Focus: Bowling	Focus: 400m/High jump
Retrieval	Rules of volleyball/set shot technique	Scores from previous years/technique for activity	Teaching points for spike shot	Scores from previous years/technique for activity	Teaching points for smash shot	Scores from previous years/technique for activity	barrier/cat	oints for long ching	Scores from previous years/techniqu e for activity	Teaching for various types of th	s p hrows y	Scores from previous years/techniq ue for activity	Teaching points for effective bowling	Scores from previous years/technique for activity
	Week 1 (3	Ird June)	Week 2 (10th June	e) Wee	ek 3 (17th June)	Week 4	(24th June)	n June) Week 5 (1		V	Week 6 (8th July)		Week 7 (15th July)	
6	Outd	loor	Outdoor Outc	loor Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outd	loor	Outdoor	Outdoor	Outdoor

	Rounders	Athletics	Rounders	Athletics	Cricket	Athletics	Cricket	Athletics	Cricket	Athletics	Cricket	Athletics	Cricket
	Focus: Batting	Focus: 800m/Shot	Focus: Implementatio n of learnt skills		Focus: Catching	Focus: 1500m		Focus: Long Jump/Javeli n	Focus: Batting technique/sta nce	Focus: Long Jump/Javelin	Focus: Bowling technique	Missed events	Gameplay
Retrieval	Recap batting stance/positioning	Scores from previous years/techni que for activity		Scores from previous years/techni que for activity	Teaching points for catching in Cricket	Scores from previous years/techniqu e for activity	Teaching points for long barrier	Scores from previous years/techni que for activity	Teaching points for different batting shots	Scores from previous years/technique for activity	Teaching points for effective bowling technique	Scores from previous years/techniq ue for activity	Tactics/strategies in cricket matches