

Long Term Plan 2021 - 2022

	Phase 1	Phase 2	Year 11
Autumn1	Fundamental Skills	Striking & Fielding	OCR PE
	Exploring jumping, throwing, catching, running, striking and kicking.	Exploring 3 types of striking and fielding games. Applying rules to games. Devising a new game.	Individual - Circuit training
	Accreditation - AQA Unit Award 105571	Accreditation – AQA Unit Award 71143	
Autumn 2	Gymnastics	Invasion Games	
	Exploring travel and flight working on a mat and bench, solo and with a partner.	Learning rules and skills needed for: football, basketball and tchoukball. Principles of attack and defence.	Individual – Athletics & analysing performance
	Accreditation – AQA Unit Award 105584	Accreditation - AQA Unit Award 95377, 88980 or 84886	
Spring 1	Net Games	Gymnastics	
	Learning how to move in line with the ball, throwing a projectile over a net, holding a racket and returning a projectile to partner.	Demonstrate different types of jumps and short group routines in gymnastics.	Team - Football
	Accreditation – AQA Unit Award 105770	Accreditation - AQA Unit Award 72769, 105320 or 92465	
Spring 2	Invasion Games	Net Games	
	Learning rules of games, working as part of a team and improvement of skills	Experience a variety of games: volleyball, badminton, short tennis. Learn rules of games and concepts of team play.	Individual - Boccia
	Accreditation – AQA Unit Award 72018	Accreditation - NA	
Summer 1	Athletics	Athletics	

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	Running, throwing, jumping skills gaining an understanding of how to measure and time.	Perform shot put, standing long jump, 100m and relay activities. Performing personal bests and setting targets of improvement.	Analysing Performances Shot Put
	Accreditation - NA	Accreditation - AQA Unit Award 70515	
Summer 2	Fitness & circuits	Dance	
	Improving agility, endurance and strength through different forms of testing. Perform circuit training working for longer periods of time working different parts of the body.	Dancing around the world. Students follow set dances from different countries and choreograph own pieces.	Rounders
	Accreditation - NA	Accreditation - NA	

Subject: PE

Curriculum Area: Physical