

Long Term Overview KS3 P.E.

Unit Title	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview Year 7	Lessons arranged at Killingworth Leisure Centre	Lessons arranged at Killingworth Leisure Centre	Lessons arranged at Killingworth Leisure Centre	Lessons arranged at Killingworth Leisure Centre	Lessons arranged at Killingworth Leisure Centre	Lessons arranged at Killingworth Leisure Centre
Visits/ Visitors						

Long Term Overview KS3 P.E.

Unit Title	Invasion Games	Net and Wall Games	Striking and Fielding Games	Invasion Games	Net and Wall Games	Striking and Fielding Games
Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview Year 8	<p>Introduction to skills needed for games of Basketball, football, hockey and rugby Gates - Good starter (running, hockey, football, BB dribbling, tennis racket keepy ups) Find a Goal - accurate passing through narrowing cones 1234 - passing/catching in small groups Fives - get to five passes without drop/losing ball 4 v 1- a version of piggy in the middle Find that space/zone passing- FB, BB, Hockey where you are only allowed in your 1/3 (zone) <u>Games</u> Handball, Football Skills, Football Match, Rugby/American Football Skills, Basketball, Hockey</p> <p>Starters/Carousel/Alternatives: Tag, Bulldog, Islands, Dodgeball, Bleep Test Races, Long Jump, Fitness Circuits, Outdoor Gym, Indoor Bowls</p>	<p>Introduction to skills needed for games of badminton, squash, table tennis and tennis. Are you ready?- catching starting between 2 cones, Flights and arrivals- cone targets behind them (bean bags, dodge ball) Rebound ready- throwing off a wall at an angle (tennis ball) Serving it up – Practicing Serving (table tennis, tennis, badminton) Roving returns- rallies one pupil throwing it Paper cups on a table- Beer Pong/Bowls with Paper cups on table tennis table- hit cup on serve Reliable Rallies- Forehand, Backhand, Volley Far and near and side to side-moving target for badminton, tennis, table tennis (Points scored) Team two v two- Pairs badminton, tennis, table tennis <u>Games</u> -Badminton, Squash, Table Tennis and Tennis Same Starters/Alternatives</p>	<p>Introduction to the skills needed for games of baseball, cricket, rounders, softball and golf Catch them out- roll ball into goal no feet allowed Target throw- nearest the cone wins (set up golf course) Quick runs and safe catching- how many cricket runs vs catching 20 Get them out- running a run against a fielder who has to pick up ball and throw at stumps Target bowling- Cricket bowling technique aim at stumps Strike- 4 hits points 1 hitting it, 2 hitting sidewall, 4 back wall, 6 back wall no bounce Run and return- version of quick cricket <u>Games</u> Cricket, Baseball, Rounders, Golf</p> <p>Starters/Carousel/Alternatives: Tag, Bulldog, Islands, dodgeball, Bleep Test Races, Long Jump, Fitness Circuits, Outdoor Gym, Indoor Bowls</p>	<p>Continuing to build on skills needed for games of Basketball, football, hockey and rugby. Continuing to improve teamwork, relationships, interaction with peers Gates - Good starter (running, hockey, football, BB dribbling, tennis racket keepy ups) Find a Goal - accurate passing through narrowing cones 1234 - passing/catching in small groups Fives - get to five passes without drop/losing ball 4 v 1- piggy in the middle Find that space/zone passing- FB, BB, Hockey where you are only allowed in your 1/3 (zone) <u>Games</u> Handball, Football Skills, Football Match, Rugby/American Football Skills, Basketball, Hockey</p> <p>Starters/Carousel/Alternatives: Tag, Bulldog, Islands, Dodgeball, Bleep Test, Races, Long Jump, Fitness Circuits, Outdoor Gym, Indoor Bowls</p>	<p>Continuing to build on skills needed for games of badminton, squash, table tennis and tennis. Continuing to improve teamwork, relationships, interaction with peers Are you ready?- catching starting between 2 cones, Flights and arrivals- cone targets behind them (bean bags, dodge ball) Rebound ready- throwing off a wall at an angle (tennis ball) Serving it up – Practicing Serving (table tennis, tennis, badminton) Roving returns- rallies one pupil throwing it Paper cups on a table- Beer Pong/Bowls with Paper cups on table tennis table- hit cup on serve Reliable Rallies- Forehand, Backhand, Volley Far and near and side to side-moving target for badminton, tennis, table tennis (Points scored) Team two v two- Pairs badminton, tennis, table tennis <u>Games</u> -Badminton, Squash, Table Tennis and Tennis Same Starters/Alternatives</p>	<p>Continuing to build on skills needed for games of baseball, cricket, rounders, softball and golf. Continuing to improve teamwork, relationships, interaction with peers Catch them out- roll ball into goal no feet allowed Target throw- nearest the cone wins (set up golf course) Quick runs and safe catching- how many cricket runs vs catching 20 Get them out- running a run against a fielder who has to pick up ball and throw at stumps Target bowling- Cricket bowling technique aim at stumps Strike- 4 hits points 1 hitting it, 2 hitting sidewall, 4 back wall, 6 back wall no bounce Run and return- bizarre version of quick cricket <u>Games</u> Cricket, Baseball, Rounders, Golf Same Starters/Alternatives</p>
Visits/ Visitors						

Long Term Overview KS3 P.E.

Unit Title	Invasion Games	Net and Wall Games	Striking and Fielding Games	Invasion Games	Net and Wall Games	Striking and Fielding Games
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No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview Year 9	Continuing to build on skills needed for games of Basketball, football, hockey and rugby. Continuing to improve teamwork, relationships, interaction with peers. Gates - Good starter (running, hockey, football, BB dribbling, tennis racket keepy ups) Find a Goal - accurate passing through narrowing cones. 1234 - passing/catching in small groups Fives - get to five passes without drop/losing ball 4 v 1- piggy in the middle. Find that space/zone passing- FB, BB, Hockey where you are only allowed in your 1/3 (zone) <u>Games</u> Handball, Football Skills, Football Match, Rugby/American Football Skills, Basketball, Hockey Same Starters and Alternatives	Continuing to build on skills needed for games of badminton, squash, table tennis and tennis. Continuing to improve teamwork, relationships, interaction with peers. Are you ready?- catching starting between 2 cones, Flights and arrivals- cone targets behind them (bean bags, dodge ball)Rebound ready- throwing off a wall at an angle (tennis ball) Serving it up – Practicing Serving (table tennis, tennis, badminton) Roving returns- rallies one pupil throwing it Paper cups on a table- Beer Pong/Bowls with Paper cups on table tennis table- hit cup on serve Reliable Rallies- Forehand, Backhand, Volley Far and near and side to side-moving target for badminton, tennis, table tennis (Points scored) Team two v two- Pairs badminton, tennis, table tennis <u>Games</u> -Badminton, Squash, Table Tennis and Tennis Same Starters/Alternatives	Continuing to build on skills needed for games of baseball, cricket, rounders, softball and golf. Continuing to improve teamwork, relationships, interaction with peers Catch them out- roll ball into goal no feet allowed Target throw- nearest the cone wins (set up golf course) Quick runs and safe catching- how many cricket runs vs catching 20 Get them out- running a run against a fielder who has to pick up ball and throw at stumps Target bowling- Cricket bowling technique aim at stumps Strike- 4 hits points 1 hitting it, 2 hitting sidewall, 4 back wall, 6 back wall no bounce Run and return- bizarre version of quick cricket <u>Games</u> Cricket, Baseball, Rounders, Golf Same Starters/Alternatives	Continuing to build on skills needed for games of Basketball, football, hockey and rugby. Continuing to improve teamwork, relationships, interaction with peers. Gates - Good starter (running, hockey, football, BB dribbling, tennis racket keepy ups) Find a Goal - accurate passing through narrowing cones. 1234 - passing/catching in small groups Fives - get to five passes without drop/losing ball 4 v 1- piggy in the middle. Find that space/zone passing- FB, BB, Hockey where you are only allowed in your 1/3 (zone) <u>Games</u> Handball, Football Skills, Football Match, Rugby/American Football Skills, Basketball, Hockey Same Starters and Alternatives	Continuing to build on skills needed for games of badminton, squash, table tennis and tennis. Continuing to improve teamwork, relationships, interaction with peers. Are you ready?- catching starting between 2 cones, Flights and arrivals- cone targets behind them (bean bags, dodge ball)Rebound ready- throwing off a wall at an angle (tennis ball) Serving it up – Practicing Serving (table tennis, tennis, badminton) Roving returns- rallies one pupil throwing it Paper cups on a table- Beer Pong/Bowls with Paper cups on table tennis table- hit cup on serve Reliable Rallies- Forehand, Backhand, Volley Far and near and side to side-moving target for badminton, tennis, table tennis (Points scored) Team two v two- Pairs badminton, tennis, table tennis <u>Games</u> -Badminton, Squash, Table Tennis and Tennis Same Starters/Alternatives	Continuing to build on skills needed for games of baseball, cricket, rounders, softball and golf. Continuing to improve teamwork, relationships, interaction with peers Catch them out- roll ball into goal no feet allowed Target throw- nearest the cone wins (set up golf course) Quick runs and safe catching- how many cricket runs vs catching 20 Get them out- running a run against a fielder who has to pick up ball and throw at stumps Target bowling- Cricket bowling technique aim at stumps Strike- 4 hits points 1 hitting it, 2 hitting sidewall, 4 back wall, 6 back wall no bounce Run and return- bizarre version of quick cricket <u>Games</u> Cricket, Baseball, Rounders, Golf Same Starters/Alternatives
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