

Long Term Overview Oasis ASD / KS3 P.E.

Unit Title	Invasion Games	Invasion Games	Net and Wall Games	Net and Wall Games	Striking and Fielding 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 KS3	<p>Introduction to skills needed for the games of football, hockey and dodgeball.</p> <p>Games to promote team playing: Find a Goal - passing and receiving Fives, 4V1, Zone passing - passing and receiving with defenders 3 ball hoop, The Wing game – Team games with different playing zones</p> <p>Classroom based: Learning based activities around the importance of healthy lifestyle, exercise and nutrition / diet.</p>	<p>Building on skills needed for the games of football, hockey and dodgeball.</p> <p>Games to promote team playing: Treasure Chest – Moving with a ball Gateway – moving with a ball Fives – Passing and receiving with defenders Find that space - Passing and receiving with defenders</p> <p>Classroom based: Learning based activities around the importance of healthy lifestyle, exercise and nutrition / diet.</p>	<p>Introduction to skills needed for the games of badminton, tennis and table tennis.</p> <p>Games to promote skills / accuracy / coordination: Are you ready? – The ready position and its importance Flights and arrivals – judging the flight of an object and the position needed to catch / hit it Serving it up – Striking a ball</p> <p>Classroom based: Continued promotion of healthy lifestyle Learning based around rules of tennis and badminton.</p>	<p>Building on skills needed for the games of badminton, tennis and table tennis.</p> <p>Games to promote skills / accuracy / coordination: Are you ready? – The ready position and its importance Flights and arrivals – judging the flight of an object and the position needed to catch / hit it Serving it up – Striking a ball Team 2v2 – team game for all the sports</p> <p>Classroom based: Continued promotion of healthy lifestyle Learning based around rules of tennis and badminton.</p>	<p>Introduction to skills needed for the games of cricket, rounder's and soft ball.</p> <p>Games to promote skills / fitness / stamina / team playing: Target throw – accuracy in throwing There and Back – accuracy in bowling Chain gang – catching skills</p> <p>Classroom based: Continued promotion of healthy lifestyle Learning based around anatomy / human physical body / maintaining fitness</p>	<p>Introduction to skills needed for the games of cricket, rounder's and soft ball / athletics / running.</p> <p>Games to promote skills / fitness / stamina / team playing: Strike - target striking game with fielders Run and return - emphasis on decision making Quick runs and safe catching – catching under pressure</p> <p>Classroom based: Continued promotion of healthy lifestyle Learning based around anatomy / human physical body / maintaining fitness</p>
Visits/Visitors						