Swanwick Hall School Long Term Planning

Y7 Physical Education

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| Learning cycle | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| 1  5/9/22 – 21/10/22 | **OAA**  Introduction to problem solving | Trust exercises – Partnerships | Communication - group activities | Leadership - group activities | Trust Communication and Leadership | ***checkpoint week*** | ***gap week*** |  |
|  | **Netball**  Movement, space, passing and receiving | Outwitting opponents and ball handling | Shooting | Attacking play/dodging | Defending/positional awareness | ***checkpoint week*** | ***gap week***  Competitive games |  |
| 2  31/10/22- 22/12/22 | **Rugby**  Ball familiarisation | Intro passing & receiving/ 2 vs 1 | Passing/Use of width. | Tackling technique | Attacking/outwitting an opponent | Learning Objective | ***checkpoint week*** | ***gap week***  Competitive games |
|  | **Dance**  Dance Intro + timing | Developing Motif | Choreography | Choreography development | Refining performance | Refining performance | ***checkpoint week*** | ***gap week***  Performance |
| 3  9/1/23 – 3/3/23 | **Gymnastics**  Locomotion – Partner work | Transference of Weight – Partner work | Balance – Individual/Partner work | Balance – Partner & Group work | Balance – Development of group balances | ***checkpoint week*** | ***gap week***  Final routine |  |
|  | **Cross Country**  Importance of warming up / cool down | Pacing yourself | What is aerobic fitness / aerobic training zone | Different terrains / beat PB from last week. | Different gradients | ***checkpoint week*** | ***gap week***  Plan your own route |  |
| 4  6/3/23 – 12/5/23 | **Table Tennis** Introduce the Grip & backhand push | Introduce forehand push | Service laws | Forehand topspin | Doubles play | Outwitting Opponents in competitive games | ***checkpoint week*** | ***gap week***  Outwitting Opponents in competitive games |
|  | **Hockey**  Grip, Dribbling & Handling**.** | Passing & receiving | Outwitting opponents/use of space | Shooting | Defending/block tackle | Outwitting an opponent/team | ***checkpoint week*** | ***gap week***  Outwitting an opponent/team |
| 5  15/5/23 – 3/7/23 | **Athletics**  Introduce running style (100/200/400m) | Introduce pace running – 800m | Jumping- long jump | Throwing – shot putt | Throwing - javelin | ***checkpoint week*** | ***gap week***  Relay |  |
|  | **Tennis**  Racket & Ball familiarisation | Forehand | Outwitting opponents | Backhand | Basic serves | ***checkpoint week*** | ***gap week***  Outwitting Opponents in competitive games |  |
| mini unit  10/7/23 – 21/7/23 | **Rounders**  Learning Objective | Learning Objective |  |  |  |  |  |  |