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  |
| 15/9/22 – 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 |  |
| 231/10/22- 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 |
| 39/1/23 – 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 |  |
| 46/3/23 – 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 |
| 515/5/23 – 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 unit10/7/23 – 21/7/23 | **Rounders**Learning Objective | Learning Objective |  |  |  |  |  |  |