



LONG TERM PLAN 2023/2024

YEAR GROUP: Year 7

SUBJECT: Physical Education

Week Start	Content Description	Assessment	Events
September			
3 rd	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is Mastery of skills focused on Javelin.	Peer/Group assessment Q and A Discussion Observational	
10 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is Mastery of skills focused on Javelin.	AP 1 Assessment on Mastery of Javelin techniques	10-14 th CEM Assessments (7,9 & 11) 14 th Target Grades Deadline (8,10, 12) 14 th Year 7 Picnic
17 th	Compete in a range of athletic activities, performing at maximum levels. Students will have the opportunity to evaluate their peers on High Jump by Q and A as well as through group assessments. The key Guiding Principle here is Evaluation.	Peer/Group assessment Q and A Discussion Observational	17-20 th CEM Assessments (7,9 & 11)
24 th	Compete in a range of athletic activities, performing at maximum levels. Students will have the opportunity to evaluate their peers on High Jump by Q and A as well as through group assessments. The key Guiding Principle here is Evaluation.	AP 2 Evaluation of Performance on athletics	27 th Prophet's Birthday
October			
1 st	Students will compete in a range of athletic activities, we will be more focused on Fitness components such as power, flexibility, speed agility etc. and how these components will help you to become a better athlete. The key guiding principle here is Evaluation on knowledge.	Peer/Group assessment Q and A Discussion Observational	5 th Armed Forces Day
8 th	Students will compete in a range of athletic activities, we will be more focused on Fitness components such as power, flexibility, speed agility etc. and how these components will help you to become a better athlete. The key guiding principle here is Evaluation on knowledge.	Peer/Group assessment Q and A Discussion Observational	8 th Target Grade Deadline (7,9,11) 10 th Careers Day

15 th	Students will be selected on their performance throughout the unit to compete in sports day. Students will also have the opportunity to practice for specific events to ensure they are ready to compete. The key guiding principle here is Fitness.	AP 3 Fitness Components test	
21 st	Half Term Break		
29 th	Net/wall Develop confidence in exploring new skills/techniques, while playing Badminton, Volleyball or Table Tennis. The key guiding principle here is Decision-making.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	31 st Orange and Black Day
November			
5 th	Net/wall Develop confidence in exploring new skills/techniques, while playing Badminton, Volleyball or Table Tennis. The key guiding principle here is Decision-making.	Formative assessment Q and A Discussion Observational	
12 th	Students will have the opportunity to get a deeper understanding of mastery of skills and learn new strategies on the unit as well as implement new strategies that are learnt to improve their performance. The key guiding principle is Decision-making.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
19 th	Students will have the opportunity to get a deeper understanding of mastery of skills and learn new strategies on the unit as well as implement new strategies that are learnt to improve their performance. The key guiding principle is Decision-making.	AP 4 Assessment on Decision Making	AP1 Written Comments Deadline
26 th	During the net and wall unit, students will start to understand the importance of fitness and how fitness affects your decision making. The key guiding principle is Fitness.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
December			

3 rd	During the net and wall unit students will start to understand the importance of fitness and how fitness affects your decision making. Formative assessment, Q and A or a discussion, observational and peer/Group analysis. The key guiding principal is Fitness.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	4 th First Day AP1 Exams
10 th	During the net and wall unit students will start to understand the importance of fitness and how fitness affects your decision making. The key guiding principal is Fitness.	AP 5 Assessment on Fitness during net and wall games	15 th Last Day AP1 Exams
17 th	Additional activities and sports.		22 nd Winter Break
25 th	Winter Break		
January			
1 st	Winter Break		
7 th	During cardio fitness we will have different events and circuits the students will complete. This will not only improve their fitness but help and support other components such as power, speed, strength, balance muscular endurance and cardiovascular fitness. We will make use of Tabata training, students train in intervals with breaks in between.	Peer/Group assessment Q and A Discussion Observational	8 th First Day
14 th	During cardio fitness we will have different events and circuits the students will complete. This will not only improve their fitness but help and support other components such as power, speed, strength, balance muscular endurance and cardiovascular fitness. We will make use of Tabata training, students train in intervals with breaks in between.	Peer/Group assessment Q and A Discussion Observational	
21 st	During cardio fitness we will have different events and circuits the students will complete. This will not only improve their fitness but help and support other components such as power, speed, strength, balance muscular endurance and cardiovascular fitness. We will make use of Tabata training, students train in intervals with breaks in between.	Summative assessment Video analysis	25 th National Holiday
28 th	Life Saving	Peer/Group assessment Q and A	

		Discussion Observational	
February			
4 th	Life Saving	Peer/Group assessment Q and A Discussion Observational	
11 th	Live Saving	Summative assessment Video analysis	
18 th	Life Saving	Summative assessment Video analysis	21-22 nd Half Term
25 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Peer/Group assessment Q and A Discussion Observational	
March (10 th Ramadan Starts)			
3 rd	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Peer/Group assessment Q and A Discussion Observational	
10 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Peer/Group assessment Q and A Discussion Observational	
17 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Peer/Group assessment Q and A Discussion Observational	
24 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Summative assessment Video analysis	
April			

31 st	Students will participate in various striking sports such as softball, rounders, table tennis cricket and badminton. The goal is to improve their hand and eye coordination, hand and bat, racket coordination. Students will learn how to adapt to different scenarios using different equipment. Agility, speed decision making and balance will also be tested during these events.	Peer/Group assessment Q and A Discussion Observational	
7 th	Students will participate in various striking sports such as softball, rounders, table tennis cricket and badminton. The goal is to improve their hand and eye coordination, hand and bat, racket coordination. Students will learn how to adapt to different scenarios using different equipment. Agility, speed decision making and balance will also be tested during these events.	Peer/Group assessment Q and A Discussion Observational	10-11 th Eid Holiday
14 th	Focusing on fitness, students will engage in a wide variety of fielding activities and sports. The goal is to improve their speed, agility, balance and coordination. Reflect on the guiding principals of evaluation and fitness.	Peer/Group assessment Q and A Discussion Observational	
21 st	Focusing on fitness, students will engage in a wide variety of fielding activities and sports. The goal is to improve their speed, agility, balance and coordination. Reflect on the guiding principals of evaluation and fitness.	Peer/Group assessment Q and A Discussion Observational	25 th Spring Break
28 th	Spring Break		
May			
5 th	Focusing on fitness, students will engage in a wide variety of fielding activities and sports. The goal is to improve their speed, agility, balance and coordination. Reflect on the guiding principals of evaluation and fitness.	Peer/Group assessment Q and A Discussion Observational	7 th Start of Term 2
12 th	Students will apply and reflect on techniques they've learned in the previous two weeks and apply it to various striking and fielding games. Guiding principals are evaluation and fitness in fielding and striking related games.	Summative assessment Video analysis	

19 th	Through Orienteering and Outdoor Challenges, combining skills that promote Spatial Awareness, Team-building as well as the appreciation of outdoor & adventure activities. All Guiding Principles here are included, from <i>Mastery, Fitness</i> to <i>Decision-making</i> and <i>Evaluation</i> .	Peer/Group assessment Q and A Discussion Observational	
26 th	Through Orienteering and Outdoor Challenges, combining skills that promote Spatial Awareness, Team-building as well as the appreciation of outdoor & adventure activities. All Guiding Principles here are included, from <i>Mastery, Fitness</i> to <i>Decision-making</i> and <i>Evaluation</i> .	Peer/Group assessment Q and A Discussion Observational	
June			
2 nd	Through Orienteering and Outdoor Challenges, combining skills that promote Spatial Awareness, Team-building as well as the appreciation of outdoor & adventure activities. All Guiding Principles here are included, from <i>Mastery, Fitness</i> to <i>Decision-making</i> and <i>Evaluation</i> .	Summative assessment Video analysis	6 th End of year assembly
9 th	EOY Exams		12 th Last day for Students 13 th Last day for Teachers
End of Year			
Additional Notes:			