

LONG TERM PLAN 2023/2024

YEAR GROUP: 10

SUBJECT: IG PE

Week Start	<u>Content Description</u>	<u>Assessment</u>	<u>Events</u>
September			
3rd	Recap on Anatomy/Physiology and Training/fitness components	Observational Q and A Textbook activity Peer/Group assessment	
10 th	Practical: Competitive swimming Front/back/breast stroke technique and performance	Video analysis Peer assessment Observational	10-14 th CEM Assessments (7,9 & 11) 14 th Target Grades Deadline (8,10, 12) 14 th Year 7 Picnic
17 th	Anatomy/Physiology Health, Training and Fitness	Observational Q and A Textbook activity Peer/Group assessment	17-20 th CEM Assessments (7,9 & 11)
24 th	Practical: Life saving/Personal survival Extended/chest tows, CPR, Life saving front crawl, Surface dive, treading water, making float	Video analysis Peer assessment Observational Summative 50 m times recorded	28 th Prophet's Birthday - Observed
October			
1st	Ethics and culture in PE Sponsorship, pros and cons, ethical considerations	Text book activity task Group discussion	4 th Swimming Gala 5 th Armed Forces Day
8 th	Practical: Basketball Screening, triple threat, effective positioning and changing speed, offensive and defensive plays	Video analysis Peer assessment Observational	8 th Target Grade Deadline (7,9,11) 10 th Careers Day
15 th	Ethics and culture in PE Commercialization in PE, pros and cons	Observational Q and A Textbook activity Peer/Group assessment	
22 nd	Half Term Break		
29 th	Practical: Football- Skills development, passing, shooting, dribbling, tackling, heading, control Defensive and attacking play	Video analysis Peer assessment Observational	31 st Orange and Black Day
November			

5 th	Global events, access to facilities, cultural expectations	Observational Q and A Textbook activity Peer/Group assessment	
12 th	Practical: Effective decision making and fitness through basketball/football Performing more complex skills in varying scenarios	Video analysis Peer assessment Observational	
19 th	AP1 Preparation: exam technique, in depth writing responses, command word study	Task cards, gcsepod, exam technique	AP1 Written Comments Deadline
26 th	AP1 Preparation: exam technique, in depth writing responses, command word study	Task cards, gcsepod, exam technique	
December			
3 rd	AP1 Exams		4 th First Day AP1 Exams
10 th	AP1 Exams		15 th Last Day AP1 Exams
17 th	Reflection on term		22 nd Winter Break
25 th	Winter Break		
January			
1 st	Winter Break		
7 th	Diet, PEDs and well being Balanced diet, food for fuel, energy systems affected	Textbook task Group discussion	8 th First Day
14 th	Practical: Individual personalized sports practice Students' mastery of skills for sports shown to Cambridge. Fitness development	Video analysis Discussion Q and A	
21 st	Diet, PEDs and well being Beta blockers, diuretics, steroids,	Flash card peer assessment Textbook analysis discussions	25 th National Holiday
28 th	Practical: Individual personalized sports practice Students' mastery of skills for sports shown to Cambridge. Fitness development	Video analysis Discussion Q and A	
February			
4 th	Diet, PEDs and well being Somatotypes, social, physical and mental well being	Flash card peer assessment Textbook analysis discussions	
11 th	Practical: Individual personalized sports practice Students' mastery of skills for sports shown to Cambridge. Fitness development	Video analysis Discussion Q and A	
18 th	Diet, PEDs and well being Somatotypes, social, physical and mental well being	Flash card peer assessment Textbook analysis discussions	21-22 nd Half Term
25 th	PE Exam (mock) All content	Summative Test	

March (10 th Ramadan Starts)			
3 rd	Practical: Video evidence recording for Cambridge	Summative	
10 th	Practical: Video evidence recording for Cambridge	Summative	
17 th	Practical: Video evidence recording for Cambridge	Summative	
24 th	Submission of practical work		
April			
31 st	PE Exam technique, key words and terminology practice	Revision book Flash cards Peer/Group assessment Q and A Discussions	
7 th	PE Exam technique, key words and terminology practice	Revision book Flash cards Peer/Group assessment Q and A Discussions	10-11 th Eid Holiday
14 th	PE Exam technique, key words and terminology practice	Revision book Flash cards Peer/Group assessment Q and A Discussions	
21 st	PE Exam technique, key words and terminology practice	Revision book Flash cards Peer/Group assessment Q and A Discussions	25 th Spring Break
28 th	Spring Break		
May			
5 th	IGCSE Exams		7 th Start of Term 2
12 th	IGCSE Exams		
19 th	IGCSE Exams		
26 th	IGCSE Exams		
June			
2 nd	IGCSE Exams		6 th End of year assembly
9 th	IGCSE Exams		12 th Last day for Students 13 th Last day for Teachers
End of Year			

Additional Notes: