

Long term plan- Physical Ed. – KS3 EBS

Topic	Summative Assessment	Formative Assessment	Skills Focus
<p>OVERVIEW</p> <p>All topics will be delivered through Refereeing, coaching and performance pathways designed to both develop student's confidence, self-esteem and trust and also to break down barriers to learning and participation thus giving all learners the opportunity to engage fully within the curriculum. A wide range of sports/ activities are offered with students having a choice giving them ownership and investment in their program of learning.</p> <p>Performance; Learners will acquire and develop skills and apply these in games situations. Coaching; Learners will develop understanding of sports/ activities giving confidence to lead others in a coaching role. Refereeing; Learners will develop understanding of rules and regulations so they can effectively and fairly officiate games/ activities.</p> <p>As well as traditional sports/ activities students are also given opportunity to learn outside the classroom which further supports personal and social development. Regular visits to local community fitness centres and country parks enables a more exciting and engaging PE curriculum as well as promoting both community cohesion and integration whilst also developing the confidence, self esteem which in turn promotes habitual life long participation in physical activity.</p>			
Refereeing, coaching and performance	Badminton	Student skills checklist/ video evidence/ observation	<p>Refereeing</p> <ul style="list-style-type: none"> - -scoring - -applying rules - -decision making <p>Coaching</p> <ul style="list-style-type: none"> - Understanding of skills - Improving peer performance <p>Performance</p> <ul style="list-style-type: none"> - Acquiring and developing skills - Applying skills in game situations. <p>Learners will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should be able to accurately score and officiate badminton games.</p>

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Refereeing, coaching and performance	Gym	Student skills checklist/ video evidence/ observation	<p>Coaching</p> <ul style="list-style-type: none"> - Understanding of technique and fitness components. - Improving peer performance <p>Performance</p> <ul style="list-style-type: none"> - Acquiring and developing technique - Applying technique to personal training plans. 	Learners will focus on learning techniques to use both cardio/aerobic equipment and also resistance machines. Pupils will be able to apply techniques to a personalised training program which will be monitored and amended to make progress. Pupils will gain confidence and self-esteem in attending a community gym which in turn will promote lifelong participation and healthy lifestyles.
Refereeing, coaching and performance	Table Tennis	Student skills checklist/ video evidence/ observation		Learners will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should be able to accurately score and officiate table tennis games.
Refereeing, coaching and performance	Volleyball	Student skills checklist/ video evidence/ observation		Learners will focus on how to use basic principles of attack and defence to plan strategy and tactics for volleyball. They work on improving and developing techniques as well as implementing and refining strategic play to outwit opponents. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should begin to accurately score and officiate volleyball games.

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Refereeing, coaching and performance	Basketball	Student skills checklist/ video evidence/ observation		Learners will focus on how to use basic principles of attack and defence to plan strategy and tactics for basketball. They work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition
Refereeing, coaching and performance	Football	Student skills checklist/ video evidence/ observation		Learners will focus on how to use basic principles of attack and defence to plan strategy and tactics for football. They work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition
Refereeing, coaching and performance	Gymnastics Vaulting	Student skills checklist/ video evidence/ observation		Learners will focus on the basic principles of vaulting- take off, flight and landing. These will be applied through differentiated vaults where learners will refine and adapt techniques. Pupils will be expected to coach improvements by observing peers. Pupils will be expected to learn and apply principles of safe practice for both self and others.