

PE - LTP- plan sils3 2020-2021

Year Group	Autumn Term 1 7	Autumn Term 2 8	Spring Term 1 6	Spring Term 2 6	Summer Term 1 5	Summer Term 2 7
Year: 7/8 & KS3	<p>Cricket: Introduction to the basics Batting fielding and bowling</p> <p>Table Tennis: introducing the rules of the game e.g. scoring, officiating and serving. Types of hold, pencil hold and shake hand grip perform basic shots forehand and back hand push</p>	<p>Hockey: To develop basic skills using a variation of passing shooting and blocking.</p> <p>Dodgeball: To develop key skills within dodgeball. With a focus on hand eye coordination balance. Forward/back pass and striking.</p>	<p>Fitness: Exercising safely and effectively to improve health and wellbeing Focusing on warmups exercises and its functions designing a fitness circuit.</p> <p>Boxing: Introduction to the basics of boxing looking at stance technique and a variation of punches.</p>	<p>Badminton: Serving both short and long using varied techniques</p> <p>Football: Passing /shooting/dribbling/control. Developing fundamental skills in football. Looking at a variation of ways to execute skills.</p>	<p>Tennis: Introducing the rules of the game e.g. scoring, officiating and serving. Develop skillset within a range of shots, forehand, backhand, dropshot and overhead smash.</p> <p>Softball: Fielding and striking, Develop understanding of game (Softball)</p>	<p>Athletics: Track and field events e.g. long jump triple jump. Sprints 100m 200m 400m etc. Javelin, shot putt</p> <p>Weekly sports carousel: Football, handball, softball, dodgeball and tag rugby.</p>
Year: 9	<p>Cricket: Introduction to the basics Batting fielding and bowling</p> <p>Table Tennis: introducing the rules of the game e.g. scoring, officiating and serving. Types of hold, pencil hold and shake hand grip perform basic shots forehand and back hand push.</p>	<p>Hockey: To develop basic skills using a variation of passing shooting and blocking.</p> <p>Dodgeball: To develop key skills within dodgeball. With a focus on hand eye coordination balance. Forward/back pass and striking.</p>	<p>Fitness: Exercising safely and effectively to improve health and wellbeing Focusing on warmups exercises and its functions designing a fitness circuit.</p> <p>Boxing: Introduction to the basics of boxing looking at stance technique and a variation of punches.</p>	<p>Badminton: Serving both short and long using varied techniques</p> <p>Football: Passing /shooting/dribbling/control. Developing fundamental skills in football. Looking at a variation of ways to execute skills.</p>	<p>Tennis: Introducing the rules of the game e.g. scoring, officiating and serving. Develop skillset within a range of shots, forehand, backhand, dropshot and overhead smash.</p> <p>Softball: Fielding and striking, Develop understanding of game (Softball).</p>	<p>Athletics: Track and field events e.g. long jump triple jump. Sprints 100m 200m 400m etc. Javelin, shot putt</p> <p>Weekly sports carousel: Football, handball, softball, dodgeball and tag rugby.</p>