



PE – 5 year plan

Year 7	Year 8	Year 9:	Y10/11 Btec Level 1 Introductory in sport		Y10/11 WJEC GCSE in
Hockey - Ball control and passing, HRE - effects of increasing Heart rate on the body	ULTIMATE FRIZBE - passing, receiving and movement in a game situation, HRE - benefits of exercise on the body	ULTIMATE FRIZBE - passing, receiving and advanced movement in a game situation, HRE - benefits of exercise on the body	A2 Developing a personal progression plan	A3 Working with others	Unit 1 - Introduction to physical education (exam)
Rugby - Passing, receiving, small game awareness, Dance - move to a beat using basic moves	Rugby - Passing while moving, receiving while moving, small game awareness run into space, Dance - developing dance moves to recreate sporting moves.	Rugby - Passing while moving, receiving while moving at speed, small game awareness run into space, Dance - developing dance moves to recreate sporting moves.	A1 Being organised	A4 Research topic	
Football - Passing and receiving, Dribbling with the ball, small game awareness, Gymnastics - Using travel to make a routine	Football - passing receiving while moving with dominant foot, basic team tactics, Gymnastics - travel with balance to create a basic routine.	Football- advanced skills and game tactics, - Badminton - shot selection, game awareness.	SP5 - How exercise affects the body	SP6- Training for fitness	
Boxercise - basic moves	Boxercise - advance moves moves	Boxercise - using combo moves and instructing others	SP7 - Playing Sport	SP12 - KEEPING active and healthy	The active participant in physical education (non exam assessment)
Rounders - throwing, catching, batting skills, Cricket - bowling, fielding, batting basics.	Rounders - throwing distance, accuracy, catching single handed, batting skills accuracy, Cricket - bowling speed and spin, fielding, batting basics.	Rounders - throwing, catching, batting skills, Cricket - bowling, fielding, batting advanced.	SP8 Coaching in Sport	SP11 - Getting people active	
Tennis - ball racket control, forehand and backhand shots, restricted games, Athletics - throwing standing, jumping 5 step approach and running.	Tennis - ball racket control, forehand and backhand shots with spin, restricted games, Athletics - throwing, jumping and running basic movement.	Tennis - ball racket control, shot selection against opponent in game situation single doubles, Athletics - throwing advanced, jumping advanced and running advanced.			