



MacIntyre Academies Quest Academy

Upper School Long Term Core PE Plans 2022 – 2023

Years - All

KS3							
Core PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	7 weeks	7 weeks	7 weeks	5 weeks	6 weeks	8 weeks	
	Overview:	TOPIC COVERAGE:			Objectives:		
	<p>Key Curriculum Strands Rule of law Exercise Resilience Motivation Understanding emotions Self - expression Working with others</p> <p>Criteria Engagement Factors Interactive Media Board. Differentiated equipment</p> <p>Enquiry based Learning Explorative learning trial and error</p> <p>Cross Curricular Science -how the body works Life Skills -winning and losing Maths -keeping scores English -verbal feedback History of sport</p>	Autumn				<p>Throughout the year Swimming for KS2</p> <ul style="list-style-type: none"> I can swim competently, confidently and proficiently over a distance of at least 5 metres I can swim competently, confidently and proficiently over a distance of at least 10 metres I can swim competently, confidently and proficiently over a distance of at least 15 metres I can swim competently, confidently and proficiently over a distance of at least 25 metres I can swim competently, confidently and proficiently over a distance of at least 50 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations <p>Autumn 1</p> <ul style="list-style-type: none"> I can throw accurately using more than one technique. I can throw accurately using a variety of techniques. I can throw powerfully and accurately using a variety of techniques. I can move into line with the ball to catch it. I can catch the ball at different heights and speeds most of the time. I use a variety of techniques to catch the ball and can distinguish when to go for a catch. I can keep my eye on the ball I am constantly moving to avoid being hit I can use a variety of techniques to avoid being hit by the ball I can select and apply the rules in game situations I know the rules and I rarely make mistakes. I could umpire a game I am confident in refereeing a match situation. 	
		<i>Autumn 1</i>		<i>Autumn 2</i>			
		Dodgeball Swimming for KS2		Football Swimming for KS2			
		Spring					
		<i>Spring 1</i>		<i>Spring 2</i>			
		Badminton Swimming for KS2		Basketball Swimming for KS2			
		Summer					
<i>Summer 1</i>		<i>Summer 2</i>					
Uni-Hoc Swimming for KS2		Indoor-Athletics Swimming for KS2					

Autumn 2

- I can pass the ball accurately in isolation
- I can pass the ball accurately under pressure (in drill)
- I can pass the ball accurately during a game situation
- I can dribble the ball with control in isolation
- I can dribble the ball with control under pressure (in drill)
- I can dribble the ball with control during a game situation
- I can head the ball accurately in isolation
- I can head the ball accurately under pressure (in drill)
- I can head the ball accurately during a game situation
- I can shoot accurately in isolation
- I can shoot accurately under pressure (in drill)
- I can shoot accurately during a game situation
- I can catch the ball in isolation
- I can catch the ball under pressure (in drill)
- I can catch the ball during the game situation
- I can parry the ball accurately in isolation
- I can parry the ball accurately under pressure (in drill)
- I can parry the ball accurately during a game situation
- I can show knowledge of the pitch markings
- I can referee a match
- I understand the rules and regulation of football

Spring 1

- I can serve with accuracy in isolation
- I can serve with accuracy under pressure (during a drill)
- I can serve with accuracy during the game situation
- I can clear with accuracy during isolation
- I can clear with accuracy under pressure (during a drill)
- I can clear with accuracy during the game situation
- I can drop shot with accuracy during isolation
- I can drop shot with accuracy under pressure (during a drill)
- I can drop shot with accuracy during the game situation
- I can smash with accuracy during isolation

				<ul style="list-style-type: none"> • I can smash with accuracy under pressure (during a drill) • I can smash with accuracy during the game situation • I can show knowledge of the court layout • I can score the game of badminton • I can umpire the game of badminton • I understand the rules and regulation of badminton <p style="text-align: center;"><i>Spring 2</i></p> <ul style="list-style-type: none"> • I can pass the ball accurately in isolation • I can pass the ball accurately under pressure (in drill) • I can pass the ball accurately during a game situation • I can dribble the ball with control in isolation • I can dribble the ball with control under pressure (in drill) • I can dribble the ball with control during a game situation • I can shoot accurately in isolation • I can shoot accurately under pressure (in drill) • I can shoot accurately during a game situation • I can catch the ball in isolation • I can catch the ball under pressure (in drill) • I can catch the ball during the game situation • I can show knowledge of the pitch markings • I can referee a match • I understand the rules and regulation of basketball <p style="text-align: center;"><i>Summer 1</i></p> <ul style="list-style-type: none"> • Be able to hold the stick with the correct grip and use the correct side of the stick. • Be able to dribble confidently around obstacles. • Understand the technique behind Indian dribbling and why it is used. • Be able to push and slap pass confidently. Some may be able to sweep. • understand the technique behind each pass • be able to jab and block tackle with some success. • Understand the technique behind both tackles. • Understand what situation each pass should be used and apply that in a game situation. • Be able to choose the correct tackle for the situation effectively. • Be able to recognise space. • Be able to use the space to receive the ball.
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