

PHYSICAL EDUCATION & SPORTS STUDIES

LONG TERM PLAN

ACADEMIC YEAR 2025-2026

PHYSICAL EDUCATION (CURRICULUM)						
YEAR GROUPS	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 7 (KS3)	Football Introduce basic skills – passing, dribbling, shooting, and tackling. Emphasis on spatial awareness, understanding positions, and basic attacking and defending principles.	Touch Rugby Introduce basic passing, catching, and tagging rules. Emphasise teamwork, spatial awareness, and safe participation. Small-sided games to build confidence.	Outdoor Adventure Activities Introduce basic map reading, orienteering, and team-building challenges. Focus on problem-solving, communication, and cooperation.	Cricket Introduce basic batting, bowling, and fielding techniques. Focus on hand-eye coordination, accuracy, and understanding simple rules and positions.	Tennis Introduce basic strokes – forehand, backhand, volley – and serve. Emphasize movement, coordination, and understanding simple rules and scoring.	Athletic Introduce basic running, jumping, and throwing techniques. Focus on proper technique, coordination, and personal fitness.
YEAR 8 (KS3)	Football Develop accuracy and control in passing, shooting, and dribbling under pressure. Introduce small-sided games to enhance tactical awareness and decision-making. Begin applying simple attacking and defending strategies in game situations.	Touch Rugby Develop passing accuracy and running lines. Introduce basic defensive and attacking formations. Encourage communication and decision-making under pressure.	Outdoor Adventure Activities Develop navigation skills, leadership in small groups, and resilience through progressively challenging activities. Introduce planning and evaluating strategies for team tasks.	Cricket Develop consistency in batting, bowling, and fielding under pressure. Introduce tactical thinking in small-sided games. Emphasise communication and teamwork.	Tennis Develop consistency and accuracy in strokes and serve. Introduce tactical awareness in rallies and basic positioning. Emphasise cooperation and communication in doubles.	Athletics Develop speed, endurance, and strength through technical drills. Introduce basic tactics in track and field events and encourage goal setting and personal challenge.
YEAR 9 (KS3)	Football Consolidate technical skills and apply them consistently in full-sided games. Introduce positional play, pressing, and combination play.	Touch Rugby Consolidate skills and implement simple attacking and defensive tactics in game play. Introduce positional awareness, support play, and basic set plays.	Outdoor Adventure Activities Apply leadership and problem-solving in more complex tasks, such as longer expeditions or multi-stage challenges. Focus on decision-making, risk assessment, and collaborative teamwork.	Cricket Refine technical skills and implement basic strategies for attack and defence. Introduce tactical awareness for different match situations. Focus on leadership and match analysis.	Tennis Refine stroke technique and tactical play, including shot selection and movement. Introduce match strategies and scoring under pressure. Develop self-analysis and peer feedback.	Athletics Consolidate technical skills across multiple events. Introduce pacing, technique refinement, and competitive strategies.
YEAR 10 (KS4)	Football Refine technical proficiency under pressure. Emphasize advanced tactics such as pressing, build-up play, and transitions. Develop self-analysis and peer feedback skills. Encourage leadership and officiating experience.	Touch Rugby Refine technical skills, including advanced passing and support runs. Emphasize tactical execution, reading opposition, and maintaining possession. Develop leadership and officiating skills.	Outdoor Adventure Activities Refine leadership, planning, and teamwork under pressure. Introduce independent decision-making in unfamiliar environments. Develop resilience, adaptability, and reflection skills.	Cricket Consolidate technical proficiency with advanced tactics such as field placement, bowling variations, and shot selection. Encourage independent reflection and peer feedback.	Tennis Consolidate technical and tactical skills in competitive matches. Emphasize advanced shot selection, game strategies, and mental resilience. Encourage leadership in doubles play.	Athletics Refine techniques in track and field events. Emphasise competitive performance, tactical execution, and personal fitness planning.
YEAR 11 (KS4)	Football Master tactical awareness and technical consistency in competitive situations. Focus on strategy, team cohesion, and mental resilience. Encourage independent training, reflection, and preparation for competitive play.	Touch Rugby Apply advanced tactics consistently under competitive conditions. Focus on strategic decision-making, resilience, and team cohesion. Encourage self-reflection and performance analysis.	Outdoor Adventure Activities Master strategic thinking, leadership, and problem-solving in high-pressure or unfamiliar outdoor scenarios. Emphasise evaluation of personal and team performance, risk management, and peer leadership.	Cricket Apply advanced strategies and consistently perform skills under competitive conditions. Emphasise match analysis, leadership, and preparation for competitive cricket.	Tennis Master technical execution and tactical awareness under competitive pressure. Focus on independent preparation, match analysis, and performance improvement.	Athletics Master advanced techniques in all event areas. Focus on performance consistency under competition, mental resilience, and strategic planning.
SPORT STUDIES (VOCATIONAL)						
YEAR GROUPS	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 7-9 (KS3)	Footgolf Introduce to footgolf as a cross-disciplinary activity blending football and golf. Focus on developing basic ball control, accuracy, and spatial awareness, while also introducing scoring systems and course navigation.	Basketball Focus on developing core skills. Introduce small-sided games to build tactical awareness, teamwork, and communication. Emphasis on understanding basic rules, positions, and movement off the ball.	Kan Jam Teach basic throwing and catching skills with frisbee, focusing on accuracy and coordination. Introduce teamwork and communication in pairs. Emphasise fun, active participation, and developing control over power and aim.	Dodgeball Focus will be on developing throwing, catching, dodging, and spatial movement skills through small games and skill drills. Emphasis on agility, timing, and teamwork will build foundational game understanding.	Table Tennis Build hand-eye coordination, grip, stance, and basic strokes. Introduce simple rallying and scoring. Focus on enjoyment, participation, and consistent technique development.	Kickball Rounders Explore this hybrid game as an accessible introduction to striking and fielding concepts. Focus will be on timing, kicking accuracy, and understanding base running in a simplified format.
YEAR 10-11 (KS4)	Footgolf Refine their technical accuracy and strategic play, including shot selection, terrain reading, and adapting to various course challenges. Emphasis will also be placed on independent learning, leadership, and course planning.	Basketball Advance tactical knowledge with set plays, zone vs. man-marking defence, and fast-break strategies. Develop consistency in technique and decision-making under pressure. Greater focus on officiating, leadership, and applying skills in competitive match play.	Kan Jam Progress to advanced throwing techniques, tactical shot placement, and defensive strategies (redirects and deflections). Encourage competitive play, peer-led officiating, and tactical discussion to improve performance.	Dodgeball Advance tactical awareness, incorporating planned team strategies, positional play, and targeting. Leadership roles in officiating and team organisation will be embedded to develop responsibility.	Table Tennis Refine spin techniques, serve variations, and tactical shot placement. Emphasize strategies for singles and doubles play, as well as mental focus and resilience in competitive settings. Students also gain experience in umpiring and analysing performance.	Kickball Rounders Tactical on tactical awareness, including field placement, running strategies, and communication in gameplay. Opportunities for leading warm-ups, scoring, and officiating will be incorporated to develop leadership.