

Long Term Plan – PE KS4

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle. Pupils should be taught to:

1. use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
2. develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance]
3. take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
4. evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
5. continue to take part regularly in competitive sports and activities outside school through community links or sports clubs

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion Games	Dance/Gymnastics	Health related fitness	Net and Wall Games	Athletics/ Orienteering	Striking and Fielding Games
• Demonstrates control of basic skills (passing, dribbling, shooting, tackling) under pressure • Uses space effectively in attack and defence, showing awareness of positioning • Applies tactical understanding by selecting appropriate options (e.g., when to pass, shoot, or hold possession) • Shows effective communication and teamwork to support others in both attack and defence • Executes defensive strategies such as marking, intercepting, and pressuring opponents • Demonstrates decision-making by adapting play based on the opposition and game situation • Plays within the rules, showing respect for opponents, teammates, and officials	• Performs basic skills and movements with accuracy and control • Shows fluency and coordination when linking movements together • Demonstrates creativity by including a variety of actions, shapes, and levels in routines • Uses timing effectively to move in unison with music or a partner • Adapts movement to suit different themes, tasks, or apparatus • Performs sequences with balance, stability, and clear body tension • Works collaboratively to create and refine group routines • Shows awareness of performance quality, including expression and presentation • Follows safe practice when performing and supporting others • Reflects on performance to	• Demonstrates understanding of the main components of health-related fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition) • Participates in a range of fitness activities with effort and commitment • Performs exercises and techniques with correct form to ensure safety and effectiveness • Shows awareness of the benefits of regular physical activity for health and wellbeing • Monitors own performance using basic methods such as time, repetitions, or distance • Sets simple fitness goals and works towards them with determination • Demonstrates basic understanding of warm-up and cool-down principles	• Demonstrates control of basic skills such as serving, hitting, volleying, and returning under pressure • Uses accurate placement and direction to keep the ball in play and challenge opponents • Shows awareness of court positioning in attack and defence • Anticipates opponents' actions to intercept or return the ball effectively • Uses tactics to construct points, including varying speed, spin, and shot selection • Maintains consistency during rallies, demonstrating endurance and focus • Communicates and collaborates effectively during doubles or team formats • Adapts movement and technique to different	• Demonstrates correct technique in a range of track and field events (running, jumping, throwing) • Maintains appropriate pace and effort in running events, including sprint and endurance distances • Shows accuracy and control in throwing and jumping events • Demonstrates effective pacing, strategy, and decision-making during races or orienteering courses • Navigates an orienteering course using a map and compass with increasing independence • Applies appropriate warm-up and cool-down routines for different events • Demonstrates consistency and effort in practice and performance • Adapts techniques and strategies to	• Demonstrates control of basic skills such as batting, bowling, throwing, catching, and fielding • Applies correct techniques to direct the ball effectively and maintain accuracy • Shows awareness of positioning in attack and defence to support teammates • Anticipates opponents' actions and responds appropriately during play • Uses basic tactics to construct innings, rotate strike, and prevent scoring • Maintains consistency, focus, and effort throughout practice and games • Communicates effectively with teammates to organise play and support decision-making • Adapts techniques and tactics to different

• Reflects on performance, identifying strengths and areas for improvement to enhance future play • Demonstrates fitness and effort levels appropriate to the demands of the game • Adapts skills and tactics to different invasion games and game contexts	identify strengths and areas for development	• Selects appropriate exercises to improve different components of fitness • Follows instructions and safety guidelines when using equipment or completing activities • Reflects on personal fitness levels, identifying strengths and areas for improvement	situations and opponents • Follows the rules and demonstrates fair play, respecting opponents and officials • Reflects on personal performance, identifying strengths and areas for improvement	different events, terrains, or conditions • Follows rules, safety guidelines, and fair play principles during events • Reflects on personal performance, identifying strengths and areas for improvement	game situations and opponents • Follows rules, safety guidelines, and demonstrates fair play during games • Reflects on personal performance to identify strengths and areas for improvement
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Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion Games	Dance/Gymnastics	Health related fitness	Net and Wall Games	Athletics/ Orienteering	Striking and Fielding Games
• Performs advanced technical skills consistently and under high pressure in competitive situations • Creates and exploits space through movement, timing, and tactical awareness • Demonstrates a wide range of attacking and defensive strategies, adjusting play to suit the game context • Anticipates opponents' movements and makes proactive	• Performs complex skills and movement combinations with precision, control, and consistency • Shows fluency and seamless transitions when linking advanced movements in longer sequences • Demonstrates originality and creativity by developing choreography that communicates intent or theme • Uses timing, rhythm, and dynamics with	• Demonstrates detailed understanding of all components of health-related fitness and their relevance to overall wellbeing • Designs and implements personal fitness programs to target specific components effectively • Performs exercises and techniques consistently with high quality and correct form under varying conditions	• Performs a wide range of technical skills consistently and accurately under pressure • Uses advanced shot selection, spin, pace, and placement to outwit opponents • Demonstrates strategic awareness, adjusting positioning and tactics throughout play • Anticipates and reads opponents' actions to gain a competitive advantage	• Performs advanced techniques consistently and efficiently across a range of track and field events • Demonstrates tactical awareness and applies pacing strategies effectively in sprint, middle-distance, and endurance events • Shows precision and power in jumping and throwing events, adapting technique for optimal performance	• Performs a wide range of technical skills consistently and accurately under pressure • Applies advanced techniques in batting, bowling, throwing, catching, and fielding to gain a tactical advantage • Demonstrates strategic awareness, adjusting positioning and tactics throughout the game • Anticipates and reads opponents' actions to

decisions to gain an advantage - Communicates leadership within the team, organising and motivating others effectively - Reads the game well, showing the ability to predict and respond to changing situations quickly - Applies complex tactical concepts (e.g., pressing, switching play, transitional play) with understanding - Demonstrates resilience and emotional control, maintaining performance under pressure - Analyses performance critically, offering constructive feedback to self and others - Transfers skills and tactical knowledge effectively between different invasion games and formats	accuracy to enhance performance quality - Adapts and refines movement to suit different styles, performance spaces, and group contexts - Maintains balance, extension, and body tension consistently throughout challenging routines - Takes a leadership role when collaborating, contributing ideas and helping refine group choreography - Performs with projection, expression, and confidence, engaging the audience effectively - Applies safe and responsible practice independently, supporting others when necessary - Analyses and evaluates performance in detail, setting targets to improve technical and expressive qualities	- Applies principles of training (progressive overload, specificity, reversibility, and variation) to improve fitness - Monitors and evaluates performance using a range of methods, including heart rate, repetitions, distance, and time - Sets challenging, measurable fitness goals and develops strategies to achieve them - Applies advanced warm-up and cool-down techniques to enhance performance and prevent injury - Selects and adapts exercises creatively to suit individual needs, goals, or changing circumstances - Demonstrates responsibility and safe practice in all fitness activities, including leadership and support of others - Analyses and reflects critically on fitness development, making informed adjustments to improve performance and health outcomes	- Constructs points effectively using combination of tactics, deception, and variation - Maintains high levels of consistency, endurance, and focus throughout extended rallies or matches - Communicates and leads effectively in doubles or team situations, providing support and feedback - Adapts techniques and tactics creatively to different opponents, game formats, and situations - Applies rules and fair play principles consistently, showing respect for all participants and officials - Analyses performance critically, identifying detailed strategies for improvement and implementing adjustments	- Reads terrain and environmental conditions to make informed decisions in orienteering and cross-country events - Navigates complex orienteering courses independently, using map and compass accurately under time pressure - Plans and implements personalised warm-up and cool-down routines to maximise performance and prevent injury - Maintains high levels of effort, focus, and consistency across multiple events or challenges - Adapts techniques and strategies creatively to different competitions, surfaces, and weather conditions - Applies rules, safety, and fair play principles consistently, demonstrating leadership and responsibility - Analyses performance critically, using data and observation to set challenging targets and improve outcomes	make proactive decisions - Constructs innings and bowling plans effectively, using variation, placement, and timing to influence the game - Maintains high levels of consistency, concentration, and effort across extended matches - Communicates and leads effectively within the team, providing guidance and support to teammates - Adapts techniques and tactics creatively to different game formats, conditions, and opposition - Applies rules, safety, and fair play principles consistently, showing responsibility and leadership - Analyses performance critically, identifying detailed strategies for improvement and implementing adjustments
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