

English Martyrs' Physical Education KS3 Medium-term Plan

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Year 7	<p>Key focus: Developing an understanding of expectations and requirements in PE at English Martyrs</p> <p>Key content:</p> <p>Participate in a racquet sport (Badminton/Short tennis) and Invasion Games units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility)</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Basketball and Football units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility) Inter-form competitions over exam period</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Gymnastics and Hockey units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Net sports (Volleyball/Table Tennis) and Netball units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Athletics and Striking and Fielding (Cricket/rounders/softball) units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Continuation of Athletics and Striking and Fielding (Cricket/rounders/softball) units of work.</p>
HPA Focus challenge	<p>Identification of HPA students Differentiation within lessons Encouragement to attend extra-curricular participation Introduce and use key terminology within PE lessons (e.g. components of fitness)</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Introduce and use key terminology within PE lessons (e.g. components of fitness)</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>
ASSESS	<p>Baseline assessment Assessment of Year 7 Homework project (Who is your sporting inspiration and why?) Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart) Assessment A All students to complete PE self-assessment during IT lesson via MS Teams</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>

<p>Year 8</p>	<p>Key focus: New teaching groups/teacher. Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Basketball and Rugby (boys) Football (Girls) units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility)</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Racquet sports (badminton/Short tennis) and Football (boys) Netball (Girls) units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility) Inter-form competitions over exam period</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Volleyball (boys), Gymnastics (Girls) and Cross country (boys) Rugby (Girls) units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Table tennis (boys), Volleyball (Girls) and Hockey units of work. Inter-form competitions over exam period</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Striking and Fielding and Athletics units of work, that includes cricket, rounders, softball, Track and Field activities.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Striking and Fielding and Athletics units of work, that includes cricket, rounders, softball, Track and Field activities.</p>
<p>HPA Focus challenge</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>
<p>ASSESS</p>	<p>Baseline assessment Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart) Black History Month optional homework via Satchel One</p>	<p>Baseline assessment Sporting activities teacher assessment (Head, Hand, Heart) Year 8 PE homework project (Components of Fitness required in Sport and Physical Exercise)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>