



KS4 PE Long Term Plans

The aim of Key Stage 4 P.E at Moorbrook School is to develop skills learnt in key Stage 3.

Students will take part in a wide range of sporting activity both individual and team sports.

Alongside this we will continue to learn about health and fitness and the importance of keeping active out of school time and also in later life.

As students are in their final stage of school we will continue to build their confidence and self-esteem within different sporting and fitness environments.

We will also support pupils to build links in their local community so they can access sporting activities after school life.

Year 9 and 10

Autumn 1	Autumn 2	Spring1	Spring 2	Summer 1	Summer 2
Football	Fitness Testing	Fitness Training	Taking Part in Sport	Assisting at a Sport Event	Athletics and Fitness
Passing Shooting Ball Control Movement Defending Attacking	Agility Sprint Continuous Step Test Standing Broad Jump Sergeant Jump	Induction (using Gym equipment correctly) Planning own fitness programme Goal setting 6 week Gym training programme	Theory Skills and technique Rules of sport Equipment needed for sport Practical Variety of team and Individual sport	Theory Types of Sport and Leisure Events Planning a Sport Event Communication Helping at an event. Checking your performance Practical Variety of team and Individual sport	Athletics Track Events Field Events Fitness Agility Sprint Continuous Step Test Standing Broad Jump Sergeant Jump

Year 11

Autumn 1	Autumn 2	Spring1	Spring 2	Summer 1	Summer 2
Football	Fitness Testing	Fitness Training	Fitness For Sport and Exercise Unit 1	Fitness For Sport and Exercise Unit 1	
• Passing • Shooting • Ball Control • Movement • Defending • Attacking	• Agility • Sprint • Continuous Step Test • Standing Broad Jump • Sergeant Jump	• Induction (using Gym equipment correctly) • Planning own fitness programme • Goal setting • 6 week Gym training programme	• Components of fitness • Exercise intensity • Principles of training • Methods Of training • Fitness testing	• Components of fitness • Exercise intensity • Principles of training • Methods Of training • Fitness testing	
END OF UNIT ASSESMENTS AND UNIT 1 EXAMINATION					