

Long-term planning (LTPs) - Planning how the key concepts, knowledge, skills identified in the Progression map will be delivered termly per year group
Ensuring that end points & NC/spec are covered
Identifying what assessments are planned and when
Allowing for whole academy intent priorities to be planned for

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:		rts ( Team and individual		Covering a range of sports ( Team and individual sports )		
Unit length:		riod of 6 weeks / 12 lesso			eriod of 6 weeks / 12 lesso	
Key concepts:		ndividual key aspects, ho			ndividual key aspects, ho	
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	- The key parts of	f a warm up and cool dow	/n	- The key parts o	f a warm up and cool dov	/n
		a warm up/ cool down			a warm up/ cool down	
	- Communication	skills and different form	s of communication	- Communication	n skills and different form	s of communication
	- Based around H	lealthy active lifestyles ar	id it importance	Based around Healthy a	active lifestyles and it imp	ortance
Knowledge/	Basic skills covered acro	ss a range of sports.		Basic skills covered acro	oss a range of sports.	
Skills:	The foundation of rules	of a range of sports		The foundation of rules	of a range of sports	
	An introduction into gar	me play and tactics that c	an be used – Based	An introduction into game play and tactics that can be used – Based		
	around making and using	ng space		around making and using space  Sports covered:  Team: Cricket Rounders Softball Longball		
	Sports covered :					
	Team:					
	Football					
	Basketball					
	Rugby					
	Netball					
	Handball					
	Dodgeball			Individual :		
	Individual :			Athletics Track events		
	Swimming			Athletics -Field events		
	Badminton			Tennis		
	Sports leadership			Sports leadership		
	Dance					



End points covered:	Develop ability and aptitude demonstrating precision, control and fluency with consistency across a range of sports and physical activities.  An understanding of key concepts surrounding health, fitness and wellbeing and the benefits of a healthy active lifestyle.	Develop ability andaptitude demonstrating precision, control and fluency with consistency across a range of sports and physical activities.  An understanding of key concepts surrounding health, fitness and wellbeing and the benefits of a healthy active lifestyle.
NG/C		
NC/Spec coverage:	<ul> <li>-use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> <li>- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>- perform dances using advanced dance techniques within a range of dance styles and forms</li> <li>- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> <li>- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>- take part in competitive sports and activities outside school through</li> </ul>	<ul> <li>-use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> <li>- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>- perform dances using advanced dance techniques within a range of dance styles and forms</li> <li>- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> <li>- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>- take part in competitive sports and activities outside school through</li> </ul>
	community links or sports clubs.	community links or sports clubs.
Cross-curricular links:	Science- Body sytems PSHE/ Citizenship- communication, co operation, teamwork, resilience	Science- Body sytems PSHE/ Citizenship- communication, co operation, teamwork, resilience
Assessments:	Maths- Scoring systems, measuring , statistics Students will receive continuous verbal assessment throughout.	Maths- Scoring systems, measuring , statistics Students will receive continuous verbal assessment throughout.
	Students will be given one formative and one summative assessment per sport.	Students will be given one formative and one summative assessment per sport.
Other academy in	ntent priorities	
Curriculum	Coaching	Coaching
Careers –	Officiating	Officiating
Gatsby 4	Sports leadership	Sports leadership



	Education	Education	
	Personal training	Personal training	
	Sports psychology	Sports psychology	
	Sports nutrition	Sports nutrition	
	Medicine	Medicine	
	Sports therapy	Sports therapy	
	Core employability skills- communication, creativity , teamwork, independence, resilience	Core employability skills- communication, creativity , teamwork, independence, resilience	
Culturally rich –	Opportunities to represent the school in competitive competitions in the	Opportunities to represent the school in competitive competitions in the	
broadening	community, county and the trust across a range of sports.	community, county and the trust across a range of sports.	
horizons			

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:	Covering a range of spor	rts ( Team and individual	sports)	Covering a range of spo	rts ( Team and individual	sports)
Unit length:	Each sport runs for a pe	riod of 6 weeks / 12 lesso	ons	Each sport runs for a pe	riod of 6 weeks / 12 lesso	ons
Key concepts:	<ul> <li>Each sport has it own individual key aspects, however across all areas</li> <li>Leading a warm up and cool down</li> <li>An basic understanding of body systems (cardio respiratory, Musculo skeletal system)</li> <li>Communication skills and different forms of communication</li> <li>Developing fitness for specific sports</li> </ul>			Each sport has it own individual key aspects, however across all areas  - Leading a warm up and cool down  - An basic understanding of body systems (cardio respiratory, Musculo skeletal system)  - Communication skills and different forms of communication  - Developing fitness for specific sports		
Knowledge/ Skills:	Application of skills covered across a range of sports.  Developing officiating skill and being able to apply rules across a range of sports  Application of skill to game play and tactics that can be used – based upon Outwitting an opponent			Developing officiating s of sports	vered across a range of sp kill and being able to app nme play and tactics that conent	ly rules across a range



	Sports covered :	Sports covered :
	Team:	Team:
	Football	Cricket
	Basketball	Rounders
	Rugby	Softball
	Netball	Longball
	Handball	Longball
		Individual :
	Dodgeball	individual :
	Individual :	Athletics Track events
	Swimming	Athletics -Field events
	Badminton	Tennis
	Sports leadership	Sports leadership
	Dance	
End points	Develop ability and aptitude demonstrating precision, control and	Develop ability andaptitude demonstrating precision, control and
covered:	fluency with consistency across a range of sports and physical activities.	fluency with consistency across a range of sports and physical activities.
		An understanding of house and a survey ading booking for late fit one and
	An understanding of key concepts surrounding health, fitness and	An understanding of key concepts surrounding health, fitness and
	wellbeing and the benefits of a healthy active lifestyle.	wellbeing and the benefits of a healthy active lifestyle.
	Know and understand the keybody systems and how they impact on	Know and understand the keybody systems and how they impact on
	health, fitness and performance.	health, fitness and performance.
NC/Spec	-use a range of tactics and strategies to overcome opponents in direct	-use a range of tactics and strategies to overcome opponents in direct
coverage:	competition through team and individual games [for example,	competition through team and individual games [for example,
	badminton, basketball, cricket, football, hockey, netball, rounders, rugby	badminton, basketball, cricket, football, hockey, netball, rounders, rugby
	and tennis]	and tennis]
	- develop their technique and improve their performance in other	- develop their technique and improve their performance in other
	competitive sports [for example, athletics and gymnastics]	competitive sports [for example, athletics and gymnastics]
	- perform dances using advanced dance techniques within a range of	- perform dances using advanced dance techniques within a range of
	dance styles and forms	dance styles and forms
	-take part in outdoor and adventurous activities which present	-take part in outdoor and adventurous activities which present
	intellectual and physical challenges and be encouraged to work in a	intellectual and physical challenges and be encouraged to work in a
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	team, building on trust and developing skills to solve problems, either	team, building on trust and developing skills to solve problems, either		
	individually or as a group	individually or as a group		
	-analyse their performances compared to previous ones and	-analyse their performances compared to previous ones and		
	demonstrate improvement to achieve their personal best	demonstrate improvement to achieve their personal best		
	-take part in competitive sports and activities outside school through	-take part in competitive sports and activities outside school through		
	community links or sports clubs.	community links or sports clubs.		
Cross-curricular	Science- Body systems	Science- Body systems		
links:	PSHE/ Citizenship- communication, co operation, teamwork, resilience	PSHE/ Citizenship- communication, co operation, teamwork, resilience		
	Maths- Scoring systems, measuring , statistics	Maths- Scoring systems, measuring , statistics		
Assessments:	Students will receive continuous verbal assessment throughout.	Students will receive continuous verbal assessment throughout.		
	Students will be given one formative and one summative assessment	Students will be given one formative and one summative assessment		
	per sport.	per sport.		
Other academy is	ntent priorities			
Curriculum	Coaching	Coaching		
Careers -	Officiating	Officiating		
Gatsby 4	Sports leadership	Sports leadership		
	Education	Education		
	Personal training	Personal training		
	Sports psychology	Sports psychology		
	Sports nutrition	Sports nutrition		
	Medicine	Medicine		
	Sports therapy	Sports therapy		
	Core employability skills- communication, creativity , teamwork,	Core employability skills- communication, creativity , teamwork,		
	independence, resilience	independence, resilience		
Culturally rich –	Opportunities to represent the school in competitive competitions in the	Opportunities to represent the school in competitive competitions in th		
broadening	community, county and the trust across a range of sports.	community, county and the trust across a range of sports.		
horizons				



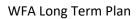
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:	Covering a range of spor	ts ( Team and individual	sports )	Covering a range of spo	orts ( Team and individual	sports )
Unit length:	Each sport runs for a period of 6 weeks / 12 lessons			Each sport runs for a period of 6 weeks / 12 lessons		
Key concepts:	Each sport has it own individual key aspects, however across all areas  - Leading a warm up and cool down  - An understanding of body systems (cardio respiratory, Musculo skeletal system)  - Communication skills and different forms of communication  - Developing fitness for specific sports			<ul> <li>Leading a warm</li> <li>An understandi</li> <li>skeletal system</li> <li>Communication</li> </ul>	ndividual key aspects, how up and cool down ng of body systems (cardio) skills and different forms ess for specific sports	o respiratory, Musculo



	<ul> <li>Knowledge of how to analyse performance</li> <li>A basic knowledge of skill development and how to develop skill in others (Coaching and leadership)</li> </ul>	<ul> <li>Knowledge of how to analyse performance</li> <li>A basic knowledge of skill development and how to develop skill in others (Coaching and leadership)</li> </ul>
Knowledge/ Skills:	Application of skills covered across a range of sports.  Developing officiating skill and being able to apply rules across a range of sports  Application of skill to game play and tactics that can be used — based upon Outwitting an opponent  Develop- analysis skills- Evaluating there own and others work/ performance and be able to suggest improvements and how they may be achieved  Sports covered:	. Application of skills covered across a range of sports.  Developing officiating skill and being able to apply rules across a range of sports  Application of skill to game play and tactics that can be used – based upon Outwitting an opponent  Develop- analysis skills- Evaluating there own and others work/ performance and be able to suggest improvements and how they may be achieved  Sports covered:
	Team: Football Basketball Rugby Netball Handball Dodgeball	Team: Cricket Rounders Softball Longball Individual:
	Individual: Swimming Badminton Sports leadership Dance	Athletics Track events Athletics -Field events Tennis Sports leadership
End points covered:	Develop ability andaptitude demonstrating precision, control and fluency with consistency across a range of sports and physical activities.  An understanding of key concepts surrounding health, fitness and wellbeing and the benefits of a healthy active lifestyle.	Develop ability andaptitude demonstrating precision, control and fluency with consistency across a range of sports and physical activities.  An understanding of key concepts surrounding health, fitness and wellbeing and the benefits of a healthy active lifestyle.



	Know and understand the keybody systems and how they impact on	Know and understand the keybody systems and how they impact on
	health, fitness and performance.	health, fitness and performance.
	Be able to analyse and evaluate their ownwork and that of others, in order	Be able to analyse and evaluate their ownwork and that of others, in order
	to modify and improve performance	to modify and improve performance
NC/Spec coverage:	-use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example,	-use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example,
	badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
	<ul> <li>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>perform dances using advanced dance techniques within a range of</li> </ul>	<ul> <li>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>perform dances using advanced dance techniques within a range of</li> </ul>
	dance styles and forms -take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a	dance styles and forms -take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a
	team, building on trust and developing skills to solve problems, either individually or as a group	team, building on trust and developing skills to solve problems, either individually or as a group
	-analyse their performances compared to previous ones and	-analyse their performances compared to previous ones and
	demonstrate improvement to achieve their personal best	demonstrate improvement to achieve their personal best
	-take part in competitive sports and activities outside school through	-take part in competitive sports and activities outside school through
	community links or sports clubs.	community links or sports clubs.
Cross-curricular	Science- Body systems	Science- Body systems
links:	PSHE/ Citizenship- communication, co operation, teamwork, resilience	PSHE/ Citizenship- communication, co operation, teamwork, resilience
	Maths- Scoring systems, measuring , statistics	Maths- Scoring systems, measuring , statistics
Assessments:	Students will receive continuous verbal assessment throughout.	Students will receive continuous verbal assessment throughout.
	Students will be given one formative and one summative assessment	Students will be given one formative and one summative assessment
Other academy is	per sport.	per sport.
Curriculum	Coaching	Coaching
Careers -		Officiating
Gatsby 4	Officiating Sports leadership	Sports leadership
Gaisby 4	Education	Education
	Personal training	Personal training
	Sports psychology	Sports psychology
	Sports psychology Sports nutrition	Sports psychology Sports nutrition
	Sports natrition	Sports nutrition



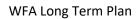


	Medicine	Medicine
	Sports therapy	Sports therapy
	Core employability skills- communication, creativity , teamwork,	Core employability skills- communication, creativity , teamwork,
	independence, resilience	independence, resilience
Culturally rich –	Opportunities to represent the school in competitive competitions in the	Opportunities to represent the school in competitive competitions in the
broadening	community, county and the trust across a range of sports.	community, county and the trust across a range of sports.
horizons		

	Automor 1	Automan 2	Coving 1	Coving 2	Currence at 1	Currence 2	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Unit title:					Covering a range of sports ( Team and individual sports )		
Unit length:	Each sport runs for a pe	riod of 6 weeks / 12 lesso	ons	Each sport runs for a pe	eriod of 6 weeks / 12 lesso	ons	
Key concepts:	<ul> <li>Each sport has it own individual key aspects, however across all areas</li> <li>Leading a warm up and cool down</li> <li>An understanding of body systems (cardio respiratory, Musculo skeletal system)</li> <li>Communication skills and different forms of communication</li> <li>Developing their own fitness and well being</li> <li>Knowledge of how to analyse performance</li> <li>Development of their own sporting ability in different areas</li> <li>Focus on wider skills, teamwork, communication etc</li> </ul>			- Leading a warm - An understandi skeletal system - Communication - Developing the - Knowledge of h - Development of	n skills and different form ir own fitness and well be now to analyse performan if their own sporting abilited amwork, communication	io respiratory, Musculo s of communication ing ice sy in different areas etc	
Knowledge/	IN KS4 – Students opt fo	r their own pathway of s	sports . They are given a	IN KS4 – Students opt for their own pathway of sports . They are given a			
Skills:	IN KS4 – Students opt for their own pathway of sports . They are given a range of options in each term , to tailor their pe to their own interests and development  Sports Offered :  Team: JFO Football Basketball Rugby Netball Handball Dodgeball Individual :			range of options in each and development  Sports Offered:  Team: Cricket Rounders Softball Longball  Individual:  Athletics Track events Athletics -Field events Tennis	h term , to tailor their pe	to their own interests	
	Swimming Badminton Sports leadership			Sports leadership			



End points	Develop ability andaptitude demonstrating precision, control and	Develop ability andaptitude demonstrating precision, control and
covered:	fluency with consistency across a range of sports and physical activities.	fluency with consistency across a range of sports and physical activities.
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	An understanding of key concepts surrounding health, fitness and	An understanding of key concepts surrounding health, fitness and
	wellbeing and the benefits of a healthy active lifestyle.	wellbeing and the benefits of a healthy active lifestyle.
	Know and understand the keybody systems and how they impact on	Know and understand the keybody systems and how they impact on
	health, fitness and performance.	health, fitness and performance.
	Be able to analyse and evaluate their ownwork and that of others, in order	Be able to analyse and evaluate their ownwork and that of others, in order
	to modify and improve performance	to modify and improve performance
NC/Spec	-use and develop a variety of tactics and strategies to overcome	-use and develop a variety of tactics and strategies to overcome
coverage:	opponents in team and individual games [for example, badminton,	opponents in team and individual games [for example, badminton,
	basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
	- develop their technique and improve their performance in other	- develop their technique and improve their performance in other
	competitive sports,[for example, athletics and gymnastics], or other	competitive sports,[for example, athletics and gymnastics], or other
	physical activities [for example, dance]	physical activities [for example, dance]
	- take part in further outdoor and adventurous activities in a range of	- take part in further outdoor and adventurous activities in a range of
	environments which present intellectual and physical challenges and	environments which present intellectual and physical challenges and
	which encourage pupils to work in a team, building on trust and	which encourage pupils to work in a team, building on trust and
	developing skills to solve problems, either individually or as a group	developing skills to solve problems, either individually or as a group
	- evaluate their performances compared to previous ones and	- evaluate their performances compared to previous ones and
	demonstrate improvement across a range of physical activities to achieve their personal best	demonstrate improvement across a range of physical activities to achieve their personal best
	- continue to take part regularly in competitive sports and activities	- continue to take part regularly in competitive sports and activities
	outside school through community links or sports clubs.	outside school through community links or sports clubs.
Cross-curricular	Science- Body systems	Science- Body systems
links:	PSHE/ Citizenship- communication, co operation, teamwork, resilience	PSHE/ Citizenship- communication, co operation, teamwork, resilience
	Maths- Scoring systems, measuring , statistics	Maths- Scoring systems, measuring , statistics
Assessments:	Students will receive continuous verbal assessment throughout.	Students will receive continuous verbal assessment throughout.
Other academy in	ntent priorities	
Curriculum	Coaching	Coaching
Careers -	Officiating	Officiating
Gatsby 4	Sports leadership	Sports leadership





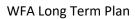
	Education	Education
	Personal training	Personal training
	Sports psychology	Sports psychology
	Sports nutrition	Sports nutrition
	Medicine	Medicine
	Sports therapy	Sports therapy
	Core employability skills- communication, creativity, teamwork, independence, resilience	Core employability skills- communication, creativity, teamwork, independence, resilience
Culturally rich –	Opportunities to represent the school in competitive competitions in the	Opportunities to represent the school in competitive competitions in the
broadening	community, county and the trust across a range of sports.	community, county and the trust across a range of sports.
horizons		



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:	Covering a range of sports ( Team and individual sports )			Covering a range of sports ( Team and individual sports )		
Unit length:	Each sport runs for a period of 6 weeks / 12 lessons				eriod of 6 weeks / 12 lesso	
Knowledge/ Skills:	Each sport has it own individual key aspects, however across all areas  - Leading a warm up and cool down  - An understanding of body systems (cardio respiratory, Musculo skeletal system)  - Communication skills and different forms of communication  - Developing their own fitness and well being  - Knowledge of how to analyse performance  - Development of their own sporting ability in different areas  - Focus on wider skills, teamwork, communication etc  IN KS4 – Students opt for their own pathway of sports . They are given a range of options in each term , to tailor their pe to their own interests and development  Sports Offered:  Team:  JFO  Football  Basketball			<ul> <li>Leading a warn</li> <li>An understand skeletal system</li> <li>Communicatio</li> <li>Developing the</li> <li>Knowledge of Notes</li> <li>Development of Secusion wider skills, to IN KS4 – Students opt for the skills</li> </ul>	individual key aspects, how in up and cool down ing of body systems (card in) in skills and different form eir own fitness and well be now to analyse performan of their own sporting ability eamwork, communication for their own pathway of so h term, to tailor their pe	io respiratory, Musculo s of communication ling ce ty in different areas etc ports . They are given a



	Handball Dodgeball	Individual :
	Individual: Swimming Badminton Sports leadership	Athletics Track events Athletics -Field events Tennis Sports leadership
End points covered:	Develop ability and aptitude demonstrating precision, control and fluency with consistency across a range of sports and physical activities.	Develop ability andaptitude demonstrating precision, control and fluency with consistency across a range of sports and physical activities.
	An understanding of key concepts surrounding health, fitness and wellbeing and the benefits of a healthy active lifestyle.	An understanding of key concepts surrounding health, fitness and wellbeing and the benefits of a healthy active lifestyle.
	Know and understand the keybody systems and how they impact on health, fitness and performance.	Know and understand the keybody systems and how they impact on health, fitness and performance.
	Be able to analyse and evaluate theirownwork andthat of others, in order to modify and improve performance	Be able to analyse and evaluate their ownwork and that of others, in order to modify and improve performance
NC/Spec coverage:	-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] - develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] - 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 - evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best - continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.	-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] - develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] - 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 - evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best - continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.





Cross-curricular	Science- Body systems	Science- Body systems
links:	PSHE/ Citizenship- communication, co operation, teamwork, resilience	PSHE/ Citizenship- communication, co operation, teamwork, resilience
	Maths- Scoring systems, measuring, statistics	Maths- Scoring systems, measuring , statistics
Assessments:	Students will receive continuous verbal assessment throughout.	Students will receive continuous verbal assessment throughout.
Other academy in	ntent priorities	
Curriculum	Coaching	Coaching
Careers -	Officiating	Officiating
Gatsby 4	Sports leadership	Sports leadership
	Education	Education
	Personal training	Personal training
	Sports psychology	Sports psychology
	Sports nutrition	Sports nutrition
	Medicine	Medicine
	Sports therapy	Sports therapy
	Core employability skills- communication, creativity , teamwork,	Core employability skills- communication, creativity , teamwork,
	independence, resilience	independence, resilience
Culturally rich –	Opportunities to represent the school in competitive competitions in the	Opportunities to represent the school in competitive competitions in the
broadening	community, county and the trust across a range of sports.	community, county and the trust across a range of sports.
horizons		