

The Unicorn School

Long Term Planning KS3/4

Class: PE

Teacher(s): Cameron Stuart, Dee Puffitt



Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE	<p>Football</p> <p>Focusing on specific techniques including passing, dribbling and shooting.</p> <p>Learning the different types of passes while improving their own techniques.</p> <p>How to receive the ball so that you are ready for the next movement.</p>	<p>Hockey</p> <p>Making sure that the students know how to hold the stick correctly and the rules within hockey.</p> <p>Highlight different types of passes in hockey like a push pass.</p> <p>How to receive the ball and dribbling technique. Looking at the importance of close control.</p>	<p>Tag Rugby</p> <p>Starting off by getting to grips with a rugby ball and how to hold it.</p> <p>Learning passing technique and practising passing between each other.</p> <p>Learning about the rules like passing backwards and offside.</p>	<p>Netball</p> <p>Learning about the different passes in netball.</p> <p>How to perform a chest pass, bounce pass and a shoulder pass.</p> <p>Looking at how to receive the ball correctly. Timing your runs and passes.</p> <p>Going over the general rules of netball, like</p>	<p>Tennis</p> <p>Making sure that the students know how to underarm serve.</p> <p>Practising our forehand technique in pairs.</p> <p>Being able to keep a rally going using our forehand</p> <p>Learning the correct technique for backhand shots.</p>	<p>Athletics</p> <p>Starting with learning throwing techniques.</p> <p>Specifically at Javelin, shotput and discus.</p> <p>Practising other events like long jump and standing long jump.</p> <p>Making sure to know the correct techniques.</p>

	<p>Close control of the football while practising dribbling.</p> <p>Combining the passing and dribbling techniques together to form game related sequences.</p> <p>Learning different shooting techniques and practising to improve</p> <p>Small sided games to put passing, dribbling and shooting in practice while adding a competitive element.</p> <p>the importance of communication and good teamwork.</p>	<p>Practice passing and moving to create space.</p> <p>Learning tackling techniques and the rules of tackling.</p> <p>Practise jab tackle and looking at what a stick tackle is.</p> <p>Practising shooting techniques and combining with passing and dribbling.</p> <p>Looking at how to beat a defender in attack vs defence.</p> <p>Small sided games to implement what has been learnt.</p> <p>How to work together as a team in interhouse</p>	<p>Looking at how a team's formation needs to line up.</p> <p>The importance of timing runs to stay onside</p> <p>Practising with 2 against 1 and 3 against 2.</p> <p>Looking into potential different passes like a pop pass.</p> <p>Making sure that we tag players correctly and know the rules.</p> <p>How to attack effectively, using skills like a dummy.</p> <p>Identifying space on the pitch and</p>	<p>footwork and blocking.</p> <p>How to anticipate a pass while landing and pivoting.</p> <p>Learning about the different positions on a netball court.</p> <p>What the positions are allowed to do.</p> <p>How to create space on the court with movement.</p> <p>Practising shooting techniques from within the dee.</p> <p>Combining these skills into matches against other schools.</p>	<p>Practising this in pairs and implementing into rallies.</p> <p>Practising some target practise and being able to hit certain areas on the court.</p> <p>Using these skills to play more competitive matches and rallies.</p> <p>Developing this into games to encourage team work.</p>	<p>Running events including; 100m, 200m, 800m and relay races.</p> <p>Making sure that all students know rules and are comfortable going into sports day</p> 
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Learning how to play as a team and practising for school fixtures/interhouse games



matches and school fixtures.



knowing when to pass left or right.

Working together as a team in interhouse matches.

