

### **Physical Education Long Term Plan Transitional**

#### **Key Stage 3**

Must include direct competition through team and individual play (i.e., net and field events)

Develop technique to show progress (athletics and gymnastics)

Outdoor and adventurous activities, problem Solving and team building (Also covered in tutor time activities)

Analyse performance

Take part in competitive sports

Build and encourage self-esteem and allow students to become more confident

**Physical Education program of study- Transitional 23-24**

Class / Year group	Lessons	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>T1</b> <b>Year 6/7</b>	<b>Double</b>	Football	Basketball	Handball	Cricket	HRE/Athletics	Swimming/Rounders
<b>T2</b> <b>Year 6/7</b>	<b>Double</b>	Football	Basketball	Handball	Cricket	HRE/Athletics	Swimming/Rounders
<b>T3</b> <b>Year 7</b>	<b>Single</b>	Ultimate Frisbee	Cricket	Badminton/Short Tennis	Dodgeball	HRE/Athletics	Orienteering / Problem Solving
<b>T3</b> <b>Year 7</b>	<b>Double</b>	Swimming/Football	Basketball	Handball	Tag rugby	Volleyball	Rounders
<b>T4</b> <b>Year 8/9</b>	<b>Single</b>	Ultimate Frisbee	Cricket	Badminton/Short Tennis	Dodgeball	HRE/Athletics	Orienteering / Problem Solving
<b>T4</b> <b>Year 8/9</b>	<b>Double</b>	Swimming/Football	Basketball	Handball	Tag rugby	Volleyball	Rounders
<b>T5</b> <b>Year 8/9</b>	<b>Single</b>	Ultimate Frisbee	Cricket	Volleyball	Tag Rugby	HRE/Athletics	Orienteering / Problem Solving
<b>T5</b> <b>Year 8/9</b>	<b>Double</b>	Football	Basketball	Handball	Badminton/Short Tennis	Swimming	Rounders
<b>T6</b> <b>Year 8/9</b>	<b>Single</b>	Ultimate Frisbee	Cricket	Volleyball	Tag Rugby	HRE/Athletics	Orienteering / Problem Solving
<b>T6</b> <b>Year 8/9</b>	<b>Double</b>	Football	Basketball	Handball	Badminton/Short Tennis	Swimming	Rounders

