

Physical Education Department: KS4 Long Term Plan (Overview) Practical activities

Year		Year 10		Year 11	
Term		Total no. of lessons	Practical Units to be taught	Total no. of lessons	Practical Units to be taught
Autumn	First Half Term <i>(7 weeks approximately)</i>	7 2	<ul style="list-style-type: none"> Activity 1 (Rounders) (5 weeks) 31.8.15 - 2.10 Activity 2 (Football/trampolining) (2 weeks) 5.10-16.10 	7 3	<ul style="list-style-type: none"> Activity 7 (Badminton/ Rounders) (6 weeks) Personal exercise programme (Theory)
	Second Half Term <i>(8 weeks approximately)</i>	5 4	<ul style="list-style-type: none"> Activity 2 (Football/trampolining) (3 weeks) 26.10-13.11 Activity 3 (Trampolining/football) (5 weeks) 16.11-18.12. 	2	<ul style="list-style-type: none"> Personal exercise programme (Theory) (Analysis of performance Theory)
Spring	First Half Term <i>(6 weeks approximately)</i>	4 4/5	<ul style="list-style-type: none"> Fitness Testing (3 weeks) 4.1.16- 22.1.16 Activity 4 (Handball) (3 weeks) 25.1 - 12.2 	7	<ul style="list-style-type: none"> Repeat certain previous activities in preparation for practical moderation (6 weeks)
	Second Half Term <i>(6 weeks approximately)</i>	2/3 3/4	<ul style="list-style-type: none"> Activity 4 (Handball) (2 weeks) 22.1 - 4.3 Activity 5 (Fitness training) (3 weeks) 7.3 – 24.3 	6	<ul style="list-style-type: none"> Preparation for practical moderation (6 weeks) Moderation day end of this term.
Summer	First Half Term <i>(5-7 weeks approximately)</i>	3/4 4 2	<ul style="list-style-type: none"> Activity 5 (Fitness training) (3 weeks) 11.4 – 29.4 Activity 6 (Personal Survival) (4 weeks) 2.5. 27.5 Activity 7 (Athletics) (6 weeks) 2.5 – 27.5 	3 - 4	<ul style="list-style-type: none"> Revision (Theory) Exam (Mid-late May)
	Second Half Term <i>(6 weeks approximately)</i>	6 2/3	<ul style="list-style-type: none"> Activity 7 (Athletics) (6 weeks) 6.6-15.7.16 Personal exercise programme (Theory) 		

Activities: Fitness training, personal survival, athletics, rounders, badminton, basketball, football or netball, basketball, hockey or handball