
		Cycle A LTP for KS3 physical education (Pathway 3)		
		Y7 & Y8		Y9
		LA	HA	Curriculum offer for the core of learners
Autumn 1	Key area of understanding	Outdoor Education / Games	Outdoor Education / Games	Outdoor Education
	Knowledge & skills development	<p>Outdoor Education</p> <ul style="list-style-type: none"> <li>Engage in co-operative physical activities, in a range of challenging situations.</li> <li>Development of teamwork, communication, problem solving and awareness of health and safety.</li> </ul> <p>Games</p> <ul style="list-style-type: none"> <li>Development of fundamental movement skills of throwing and catching</li> <li>Development of fundamental movement skills to increase competency and confidence in their agility, balance and coordination using team games</li> <li>Participation in team games</li> <li>Development of simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>Engage in competitive and co-operative physical activities, in a range of challenging situations.</li> <li>Continued development of teamwork, communication, problem solving and awareness of health and safety.</li> </ul> <p>Games</p> <ul style="list-style-type: none"> <li>Refinement of fundamental movement skills of throwing, catching and kicking skills.</li> <li>Refinement of fundamental movement skills to increase competency and confidence in their agility, balance and coordination</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>Engage in competitive and co-operative physical activities, in a range of increasingly challenging situations.</li> <li>Consolidation and continued development of teamwork, communication, problem solving and awareness of health and safety.</li> <li>Introduction to rock climbing</li> </ul>
Autumn 2	Key area of understanding	Swimming	Swimming	Games
	Knowledge & skills development	<ul style="list-style-type: none"> <li>Develop understanding of entering and exiting the water safely</li> <li>Simple development of kicking using buoyancy aids</li> <li>Development of floating on the front and back</li> <li>Develop the basic principles of submerging the face.</li> <li>Octopus Award</li> </ul>	<ul style="list-style-type: none"> <li>Develop understanding of entering and exiting the water safely using different techniques</li> <li>Development of breast stroke kicking techniques using buoyancy aids</li> <li>Development of basic front crawl, backstroke and breaststroke technique using aids.</li> <li>Development of swim endurance using recognisable swimming stroke from 5m – 10m</li> <li>Swimming Awards Levels 2 and 3</li> </ul>	<ul style="list-style-type: none"> <li>Mastery of fundamental movement skills of throwing, catching and kicking skills.</li> <li>Mastery of fundamental movement skills to increase competency and confidence in their agility, balance and coordination</li> <li>Play competitive games, modified where appropriate and apply increased knowledge to outwit opponents in attacking and defending</li> </ul>
Spring 1	Key area of understanding	Health Related Exercise / Dance	Health Related Exercise / Dance	Health Related Exercise
	Knowledge & skills development	<p>Health Related Exercise</p> <ul style="list-style-type: none"> <li>Development of basic flexibility, strength, technique, control, balance and endurance with modifications</li> <li>Development of basic knowledge and understanding surrounding health and fitness</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p>Health Related Exercise</p> <ul style="list-style-type: none"> <li>Further development in flexibility, strength, control, balance and endurance with small modifications.</li> <li>Refinement of technique in different exercises.</li> <li>Develop further knowledge and understanding surrounding health and fitness</li> </ul>	<ul style="list-style-type: none"> <li>Continued development in flexibility, strength, control, balance and endurance.</li> <li>Further refinement of technique using different exercises.</li> <li>Developing strength and technique using free weights</li> <li>Develop knowledge and understanding of how to improve performance</li> </ul>

		<p>Dance</p> <ul style="list-style-type: none"> <li>• Perform dances using simple movement patterns</li> <li>• Linking movement patterns into sequences</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>• Development of fundamental movement skills, to become increasingly competent and confident in their agility, balance and coordination using Dance.</li> </ul>	<ul style="list-style-type: none"> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>• Refinement of simple movement patterns</li> <li>• Development of sequences and routines</li> <li>• Refinement of fundamental movement skills, to become increasingly competent and confident in their agility, balance and coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Spring 2	<b>Key area of understanding</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Trampolining</b>
	<b>Knowledge &amp; skills development</b>	<ul style="list-style-type: none"> <li>• Further development understanding of entering and exiting the water safely</li> <li>• Continued development of kicking using buoyancy aids</li> <li>• Development of floating on the front and back</li> <li>• Development of swimming technique up to 5m using buoyancy aids</li> <li>• Develop the basic principles of submerging the face and blowing bubbles under water.</li> <li>• Progression from the Octopus Award to Level 1</li> </ul>	<ul style="list-style-type: none"> <li>• Further development of kicking technique of breast stroke.</li> <li>• Further development of front crawl, backstroke and breaststroke technique.</li> <li>• Development of swim endurance using recognisable swimming stroke from 5m – 25m</li> <li>• Swimming Awards Levels 2, 3 and 4</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and have awareness of Health and Safety guidelines in Trampolining</li> <li>• Development of Trampolining skills</li> <li>• Demonstrate a sequences of skills</li> <li>• Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>
Summer 1	<b>Key area of understanding</b>	<b>Athletics / Striking and Fielding</b>	<b>Athletics / Striking and Fielding</b>	<b>Athletics</b>
	<b>Knowledge &amp; skills development</b>	<ul style="list-style-type: none"> <li>• Development of running, jumping, throwing and catching</li> <li>• Engage in co-operative physical activities</li> <li>• Development of fundamental movement skills, to become increasingly competent and confident in their agility, balance and coordination to strike a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Continuation of developing running, jumping, throwing and catching over further distances</li> <li>• Engage in competitive and co-operative physical activities</li> <li>• Further development to increase the competency and confident in their agility, balance and coordination to strike a ball using a variety of equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Refinement of technique in running, jumping, throwing and catching over furthering distances</li> <li>• Explore and compete in various athletic events over varying distances</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Summer 2	<b>Key area of understanding</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Striking and Fielding</b>
	<b>Knowledge &amp; skills development</b>	<ul style="list-style-type: none"> <li>• Further consolidation of kicking development.</li> <li>• Development of floating on the front and back for longer periods of time</li> <li>• Development of swimming technique up to 5m – 10m using buoyancy aids</li> <li>• Develop the basic principles of submerging the face and blowing bubbles under water for longer periods.</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of the breast stroke kicking technique.</li> <li>• Continued refinement of front crawl, backstroke and breaststroke technique.</li> <li>• Development of swim endurance using recognisable swimming stroke from 5m – 100m</li> <li>• Development of Treading Water</li> </ul>	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>• Development of technique and improvement in performance in striking</li> <li>• Development of technique and principles within fielding</li> </ul>

	<ul style="list-style-type: none"> <li>Level 1 Swimming Award</li> </ul>	<ul style="list-style-type: none"> <li>Swimming Awards Levels 2, 3 and 4, to the National Curriculum award</li> </ul>	<ul style="list-style-type: none"> <li>Develop basic knowledge and understanding of the rules of Cricket/Rounders.</li> </ul>
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MTPs, that can be viewed and discussed upon request, provide in depth details for the full range of St Hugh's learners.

Students from years 7 and 8 participate in swimming lesson every term in line with the North Lincolnshire Swim Lincs Program. The sequence of learning and assessment is delivered and reported by qualified swimming instructors from the LEA.

		LTP for OCR Entry Level PE – Entry 1 to Entry 3	
		Y10	Y11
Autumn 1	Key area of understanding	Rugby	Football
	Knowledge & skills development	<ul style="list-style-type: none"> <li>Development in technique and improvement in performance; passing and tackling</li> <li>Develop knowledge and understanding of the rules of Rugby; scoring and offside</li> <li>Develop understanding of what makes a performance effective and how to apply these principles to their own and others' work</li> <li>Use a range of attacking and defensive tactics and strategies to overcome opponents in direct competition</li> </ul>	<ul style="list-style-type: none"> <li>Development in technique and improvement in performance; passing, dribbling, shooting and tackling</li> <li>Develop knowledge and understanding of the rules of Football.</li> <li>Develop understanding of what makes a performance effective and how to apply these principles to their own and others' work</li> <li>Use a range of attacking and defensive tactics and strategies to overcome opponents in direct competition</li> </ul>
Autumn 2	Key area of understanding	Trampolining / Table Tennis	Trampolining / Table Tennis
	Knowledge & skills development	<ul style="list-style-type: none"> <li>Consolidation of Health and Safety guidelines in Trampolining</li> <li>Further development of Trampolining skills</li> <li>Demonstrate a sequences of skills in a basic routine</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Development in technique and improvement in performance in Table Tennis</li> <li>Develop knowledge and understanding of the rules of table tennis</li> <li>Develop understanding of what makes a performance effective and how to apply these principles to their own and others' work</li> </ul>	<ul style="list-style-type: none"> <li>Further consolidation of Health and Safety guidelines in Trampolining</li> <li>Further development of Trampolining skills increasing difficulty</li> <li>Demonstrate sequences of skills in a routine with increased difficulty</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Development in technique and improvement in performance in Table Tennis</li> <li>Develop further knowledge and understanding of new rules in table tennis</li> <li>Develop understanding of what makes a performance effective and how to apply these principles to their own and others' work</li> </ul>

		<ul style="list-style-type: none"> <li>Use a range of attacking and defensive tactics and strategies to overcome opponents in direct competition</li> </ul>	<ul style="list-style-type: none"> <li>Use a range of attacking and defensive tactics and strategies to overcome opponents in direct competition</li> </ul>
Spring 1	<b>Key area of understanding</b>	Health Related Fitness	Health Related Fitness
	<b>Knowledge &amp; skills development</b>	<ul style="list-style-type: none"> <li>Consolidation of fitness surrounding Circuit Training and Health Related Fitness</li> <li>Continued development in flexibility, strength, control, balance and endurance.</li> <li>Demonstrate competence in technique through different exercises.</li> <li>Demonstrate correct form using free weights</li> <li>Demonstrate and apply knowledge and understanding of how to improve performance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Mastering Circuit Training to improve performance.</li> <li>Further development and consolidation of technique in different exercises</li> <li>Further development and consolidation of flexibility, strength, technique, control, balance and endurance.</li> <li>Demonstrate endurance using correct form using free weights</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>
Spring 2	<b>Key area of understanding</b>	Basketball (Games 7-9)	Moderation Practice and Assessment
	<b>Knowledge &amp; skills development</b>	<ul style="list-style-type: none"> <li>Development of technique and improvement in performance; passing, dribbling, shooting and tackling</li> <li>Develop knowledge and understanding of the rules of Basketball.</li> <li>Develop understanding of what makes a performance effective and how to apply these principles to their own and others' work</li> <li>Use a range of attacking and defensive tactics and strategies to overcome opponents in direct competition</li> </ul>	<ul style="list-style-type: none"> <li>Consolidation of learning of learning in preparation for moderation within; Basketball, Trampoline, Table Tennis and Athletics</li> <li>Refinement of technique and principles of attacking and defending</li> </ul>
Summer 1	<b>Key area of understanding</b>	Athletics	Striking and Fielding
	<b>Knowledge &amp; skills development</b>	<ul style="list-style-type: none"> <li>Continued development of movements including running, jumping, throwing and catching</li> <li>Compete in various athletic events over various distancing</li> <li>Refine technique in the long jump and javelin</li> <li>Explore the triple jump</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ul style="list-style-type: none"> <li>Further development of technique and improvement in performance; striking and fielding.</li> <li>Develop knowledge and understanding of the rules of Cricket and Rounders.</li> <li>Develop understanding of what makes a performance effective and how to apply these principles to their own and others' work</li> <li>Demonstrate using a range of attacking and defensive tactics and strategies to overcome opponents in direct competition.</li> </ul>

Summer 2	<b>Key area of understanding</b>	Boccia and Rock Climbing (Games and OAA Y7-9)	
	<b>Knowledge &amp; skills development</b>	<p>Boccia</p> <ul style="list-style-type: none"> <li>• Development of technique and improvement in performance</li> <li>• Develop knowledge and understanding of the rules of Boccia.</li> <li>• Develop understanding of what makes a performance effective and how to apply these principles to their own and others' work</li> <li>• Use a range of attacking and defensive tactics and strategies to overcome opponents in direct competition</li> </ul> <p>Rock Climbing</p> <ul style="list-style-type: none"> <li>• Knowledge and understanding of health and safety surrounding rock climbing</li> <li>• Development of climbing technique</li> </ul>	