



PE Long Term Plan

Key Stage Four

During pupils' time in KS4 PE, they will continue to be streamlined into similar ability groups. This is a very important process as the need for a student to feel comfortable performing in front of their peers, as well as being appropriately challenged is essential for students to continue a healthy relationship with their physical education as they move into adulthood.

Teachers will help students to explain and analyse what they are doing in their lessons. This can come in two forms, self-analysis and peer reviews. Questions will include: what went well? What could be improved?

Particular focus will be spent on students gaining more knowledge of their own personal fitness levels, and how they can carry out fitness sessions on their own without the need for equipment.

Activities

Accessibility sports - Lessons will be focussed on pupils experiencing adaptive sports such as; Boccia, KinBall and Polybat. Pupils will be encouraged to participate in activities they may not have tried before.

OAA - Lessons may include; time spent in the school's forest school area, going paddlesports at Caldecotte lake, archery, or rock climbing. The aim of these lessons is to show pupils there are a wide range of physical activities that don't necessarily require the playing of traditional sports.

Invasion Games - lessons will be fast-paced, and focus on teamwork, keeping possession, attacking, and defending. Pupils will try versions of team games such as; hockey, netball, football and handball. Pupils will improve their; teamwork, friendships, hand/eye and foot/eye coordination and overall fitness.

Walking - Pupils will be getting out into the local area to complete weekly walks. The walks will involve navigation skills, as well as risk assessment of areas to walk to. Pupils will improve their overall fitness during these walks, as well as preparing them if they choose to complete the Duke of Edinburgh (DofE) award in 6th form.

DLC Gym - Pupils will take part in weekly gym sessions at Dunstable leisure centre. There they will have access to fitness equipment, while learning how to structure their own fitness sessions.

Striking/fielding - Lessons will cover activities such as rounders and cricket. Pupils will improve throwing and catching, hand/eye coordination and overall fitness.

Net/Wall - lessons will involve pupils playing games such as; tennis, volleyball or badminton. Pupils will improve their movement and hand/eye coordination during these sessions.

Athletics - Lessons will cover the three basics of athletics - running, jumping and throwing. Activities will be adapted to suit the needs of the individual pupil.