



Willow Park School - Long Term Plan - PE – Sheaf (KS4)

Cycle / Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Invasion Games		Invasion Games		Fitness and Exercise		Net and Wall		Striking and Fielding		Athletics	
Cycle 1 24-25	Football		Basketball		Fitness		Short Tennis		Cricket		Athletics	
	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules
	Ball control Passing Shooting Dribbling Heading Tackling Throw ins	Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication	Triple threat positioning Pivoting Chest pass Bounce pass Dribbling Shooting	Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication	Health & Safety Warm up Quality of execution Range of exercises Technique	Selection and use of skills Applying tactics Awareness of rules and conventions	Serving Return serve Forehand Backhand Lob	Selection and use of skills Applying tactics Awareness of rules and conventions	Batting Bowling Fielding Wicket keeping	Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication	Track running Jumping Throwing	Selection and use of skills Applying tactics Awareness of rules and conventions
Cycle 2 25-26	Football		Basketball		Amateur Boxing		Volleyball		Cricket		Athletics	
	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules	Skills	Decision making and rules
	Ball control Passing Shooting Dribbling Heading Tackling Throw ins	Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication	Triple threat positioning Pivoting Chest pass Bounce pass Dribbling Shooting	Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication	Stance Footwork Guard Balance Punching (jab, cross, hook, uppercut and combination)	Selection and use of skills Applying tactics Awareness of the rules and conventions	Serving Return serve Volley Dig Smash	Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication	Batting Bowling Fielding Wicket keeping	Selection and use of skills Applying tactics Awareness of rules and conventions Understanding of roles and positions Teamwork and communication	Track running Jumping Throwing	Selection and use of skills Applying tactics Awareness of rules and conventions