

# Willow Park School - Long Term Plan – PE – Loxley (KS3)



	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
<b>Cycle 1</b> 24-25	Football	Basketball	Fitness	Short Tennis	Rounders	Athletics
	Passing Control Dribbling Finishing Attack Vs Defence Rules and regulations	Passing Catching Dribbling Shooting Attack Vs Defence Rules and regulations	Learn different training methods. Develop form Learn benefits of exercise Fitness tests Create circuits	Grip Forehand shots Backhand shots Serve Playing to space Rules and regulations	Throwing Catching Fielding Batting Rules and Regulations	Running Throwing Jumping Correct form
<b>Cycle 2</b> 25-26	Tag Rugby/Rugby	Handball	Boxing	Volleyball	Cricket	Athletics
	Ball handling Passing Tackling safely Rules and regulations	Passing Catching Dribbling Shooting	Stance Footwork Straight arm punches Bent arm punches Foot defence Trunk defence	Dig Set Volley Serve Playing to space Rules and regulations	Batting Bowling Fielding Rules and Regulations	Recap previously learned skills Javelin Shot Putt Beating personal bests
<b>Cycle 3</b> 26-27	Invasion Games Football Focus	Invasion Games Basketball Focus	Fitness and Exercise	Net and Wall	Striking and Fielding	Athletics
	Recap previously learned skills Focus on game play Teach skills within games and condition games for lesson specific focusses.	Recap previously learned skills Focus on game play Teach skills within games and condition games for lesson specific focusses.	Recap previously learned skills Cardio machines Understand safety in gym.	Recap on previously learned skills Focus on game play Teach skills within games and condition games for lesson specific focusses.	Recap on previously learned skills Focus on game play Teach skills within games and condition games for lesson specific focusses.	Recap on previously learned skills Focus on competition Emphasis on improving own scores