

PE Years 7/8 (KS3)
Long Term Plan 2021-2022

Cycle (2 weeks)	Invasion Games	Assessment
INSET		
1	Physically competent at performing specific movements, skills and techniques in wide ranging situations within invasion games (GPs Mastery, Decision making)	
2	Physically competent at performing specific movements, skills and techniques in wide ranging situations within invasion games	Formative
3	Applying expert techniques to achieve desirable outcomes in a variety of scenarios within invasion (GPs Mastery, Evaluation, Fitness, Decision making)	
4	Applying expert techniques to achieve desirable outcomes in a variety of scenarios within invasion	Formative
5	Apply skills in varying situations to achieve desirable outcomes (GPs Decision making, Evaluation)	
6	Apply skills in varying situations to achieve desirable outcomes	Formative
7	Confident and interested working and interacting in a team (GPs Decision making, Evaluation)	
8	Confident and interested working and interacting in a team	Summative
Winter Break		
1	Effective performance through peer and self-evaluation (GPs Evaluation)	
2	Effective performance through peer and self-evaluation	Formative
3	Developing and applying expert techniques in athletic activities (GPs Mastery, Decision making, Evaluation)	
4	Developing and applying expert techniques in athletic activities	Formative
5	Developing and improving physical fitness through athletic activities (GPs fitness, mastery)	
6	Developing and improving physical fitness through athletic activities	Summative
Spring Break		
1	Net/wall Develop confidence in exploring new skills/techniques (GPs mastery, evaluation)	
2	Net/wall Develop confidence in exploring new skills/techniques	Summative
3	Striking/Fielding Explore a range of skills within striking/fielding activities (GPs Mastery)	
4	Striking/Fielding Explore a range of skills within striking/fielding activities	Summative