



Brompton Hall

Long Term Plan: Physical Education

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Unit Title – Striking and exploring Focus – Strike and field	Unit Title – Passing for possession Focus – Invasion Sports – Basketball and football	Unit Title – Symmetrical shapes Focus – Gymnastics	Unit Title –Ancient Egypt Focus – Dance	Unit Title – Thinking aloud Focus – Outdoor adventure Sports – orienteering	Unit Title – Being an athlete Focus – Athletics
Year 4	Unit Title – Returning Focus – Net games Sports – Tennis and volleyball	Unit Title – Passing and moving Focus – invasion Sports – Netball and Basketball	Unit Title – Perfecting sequencing, The water cycle Focus – Gym	Unit Title –Electricity Focus – Dance	Unit Title – Decisions Focus – Outdoor adventure	Unit Title –Record breaking Focus – Athletics
Year 5	Unit Title – Accuracy and rallies Focus – Net games Sports – Badminton, tennis and volleyball	Unit Title – Rules and concepts Focus – Invasion Sports – Football and Netball	Unit Title – ‘Viking’ balance Focus – Gymnastics	Unit Title – Dance: Rock and roll Focus – Dance	Unit Title – Leadership Focus – Outdoor adventure	Unit Title – Olympic Training Focus – Athletics
Year 6	Unit Title –Teamwork Focus – Striking and fielding Sports – Tennis and rounders	Unit Title – Competitive Focus – Invasion Sports – Netball and Basketball	Unit Title – ‘Travelling’ in WW2 Focus – Gymnastics	Unit Title – Dance Style ‘Street dance’ Focus – Dance	Unit Title – Finding success Focus – outdoor adventure	Unit Title – Going for Gold Focus – Athletics
Swimming	<p>There will be a block of swimming that will fit in with the availability of the swimming pool.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25m</p> <p>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p>					
Year 7	Health Focus: Fitness Testing. Sports: Circuit Training etc. Boys Performance Focus: Striking & Returning Sport: Tennis	Health Focus: Fitness / Stamina Sport: Cross Country Boys Performance Focus: Invasion Games Sport: Rugby	Health Focus: Co-operation Sport: Orienteering Boys Performance Focus: Attack & defence Sport: Football	Health Focus: Fitness Testing. Sports: Circuit Training etc. Boys Performance Focus: Passing & Receiving Sport: Basketball/ Handball	Health Focus: Cardio Sport: Boxercise Boys Performance Focus: Throwing & Catching Sport: Cricket/ Softball	Health Focus: Muscle and core strength Sport: Cycling Boys Performance Focus: Track & Field Sport: Athletics
Year 8 & 9	Health Focus: Fitness Testing. Sports: Circuit Training etc. Boys Performance Focus: Striking & Returning Sport: Tennis/Table tennis	Health Focus: Fitness / Stamina Sport: Cross Country Boys Performance Focus: Passing & Receiving Sport: Rugby	Health Focus: Co-operation Sport: Orienteering Boys Performance Focus: invasion Games Sport: Football	Health Focus: Fitness Testing. Sports: Circuit Training etc. Boys Performance Focus: Passing & Receiving Sport: Basketball/ Handball	Health Focus: Cardio Sport: Boxercise Boys Performance Focus: Throwing & Catching Sport: Cricket/ Softball	Health Focus: Muscle and core strength Sport: Cycling Boys Performance Focus: Track & Field Sport: Athletics
Years 10 & 11	Boys Performance Focus: invasion Games Sport: Football	Boys Performance Focus: Passing & Receiving Sport: Rugby	Boys Performance Focus: Fitness Sport: Boxercise	Boys Performance Focus: Passing & Receiving Sport: Basketball/ Handball	Boys Performance Focus: Throwing & Catching Sport: Cricket/ Softball	Boys Performance Focus: Striking & Returning Sport: Tennis/Table tennis