

St Thomas More RC College



Long-Term Plan – Introduce Fundamental Skills and Knowledge

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 7	Topics to be covered:	Athletic Fitness tests Skills – game, net and wall, strike and field, gymnastics, athletics	Volleyball Trampolining Table-Tennis	Volleyball Trampolining Table-Tennis	Badminton Gym 2 HRF 2	Athletics Athletics Athletics	Cricket Rounders Boxing
	Skills to be developed:		Dig Set Volley Rules Shapes Turns Seat drop Push Rallying Serving	Dig Set Rules Shapes Turns Seat drop Push Rally Serving Footwork	Serve Clear Rolls Balances Sequences ROPHA Circuit Continuous	Sprint techniques Pacing Jumping	Batting Bowling Throwing Catching Hitting Punch technique Jab/straight/hook/U-C Footwork Roll/Slip
	Key assessments taking	Baseline assessments	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet
	Key vocab	Improving skills Developing Techniques	Rally Pass Volley Posture Tension Extension Height Clearance Shapes Backhand Forehand Footwork Control	Rally Pass Volley Posture Tension Extension Height Clearance Shapes Backhand Forehand Footwork Control	Serve Rally Clear Tension Fluency Extension Exertion Heart rate Intensity	Explosion Co-ordination Sprint Hop Skip Take off Flight	Bowling Delivery Overarm Hitting straight Bases Back stop Combinations Swivel Rotates Centre line
<p>Opportunities for retrieval practice: All practical lessons will have a do now task that will be based on a skill that they have been taught last lesson. This is an opportunity to re-cap from last lessons learning. Also lesson 6 is a MAD lesson with assessment booklets where pupil's look back at their learning in the activity and discussions take place with teacher to determine methods to improve performance.</p>							

Long-Term Plan – Embedding Skills into competitive situations

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 8	Topics to be developed:	Badminton Football Gym	Volleyball Trampoline Table-Tennis	Volleyball Trampoline Table-Tennis	Badminton 2 Netball HRF 2	Athletics Athletics Athletics	Cricket Rounders Boxing
	Skills to be developed:	Under/Over Clears Drop shot Passing Moving Control Acro-gymnastics Counter Balance Counter Tension	Dig/set/Spike Serving Seat drop back drop Front drop swivel hips Top Spins Back Spin Drive	Dig/set/Spike Serving Seat drop back drop Front drop swivel hips Top Spins Back Spin Drive	Under/Over Clears Drop shot Footwork fundamentals Passing and Receiving Interval – HIIT Aerobic/Anaerobic Training	Shot Long Jump Technique Pacing	Forward drive pull shot pace bowling Throwing long Hitting on time/Late/early Combinations Blocking Parrying Slip Rolls on move
	Key assessment	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet
	Key vocab	Flick and push Follow through Extension Strike Touch inside and outside foot Balance Extension Tension	Digging Setting Passing Serving Centre Travelling Fluency Twist Top spin and Chop Drive Cross Court	Digging Setting Spiking Serving Centre Travelling Fluency Top spin and Chop Drive	Flick and push Follow through Extension Ball handling Clearing Feinting Respiratory rate Cardio vascular Peripheral heart action	Chin/Knee/Toe Drive hips Open shoulders Distribute energy Fatigue Body sync and mind	Pace Spin Drive Block Pull Timing hand eye-coordination Speed agility quickness
<p>Opportunities for retrieval practice: All practical lessons will have a do now task that will be based on a skill that they have been taught last lesson. This is an opportunity to re-cap from last lessons learning. Also lesson 6 is a MAD lesson with assessment booklets where pupil's look back at their learning in the activity and discussions take place with teacher to determine methods to improve performance.</p>							

Long-Term Plan – Applying and Developing Skills in challenging situations

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 9	Topics to be	Badminton Football Gym	Volleyball Trampoline Table-Tennis	Volleyball Trampoline Table-Tennis	Badminton 2 Netball HRF 2	Athletics Athletics Athletics	Cricket Rounders Outside Activities
	Skills to be developed:	Smash/Drive/Net Turning Shooting Heading Flight Gymnastics	Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/ Counter	Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/ Counter	Smash/Drive/Net Marking Dodging Rebounding Movement Weight resistance Body resistance Plyometric	Discus High Jump Relay racing Baton change	Cut shot hook shot leg/off side Running bases Striking ball Timing Endurance Speed Power Co-ordination
	Key assessment	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet
	Key vocab	Power fast wrist action follow through Deft Balance Touch Control Swivel transferal of weigh control balance	Blocking and Dinking Control Height Sliding Rotation Aesthetically pleasing Consistent height Slice Swerve Power Control Smash Loop	Blocking and Dinking Control Height Sliding Rotation Aesthetically pleasing Consistent height Slice Swerve Power Control Smash Loop	Power fast wrist action follow through Deft Repossession, Intercepting, Covering, Delaying holding space Set Reps Strength Power Explosion Anaerobic/aerobic	Rotation Low to High Hip Spin Explosive Fosbury flop Approach take off bar rotation Acceleration Timing upsweep down sweep	Batting technique Cut/pull/hook Speed Timing Judgement Tactics Endurance Speed Power Co-ordination
<p>Opportunities for retrieval practice: All practical lessons will have a do now task that will be based on a skill that they have been taught last lesson. This is an opportunity to re-cap from last lessons learning. Also lesson 6 is a MAD lesson with assessment booklets where pupil's look back at their learning in the activity and discussions take place with teacher to determine methods to improve performance.</p>							

Long-Term Plan – Upper mix after Feb half term (GCSE/CNat Sport – Teacher with group takes lead), Boys and Girls

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 10	Topics to be covered:	B Bad / Foot / HRF G Net / Bad / HRF ML Alt / HRF/ Bad	B Volleyball / Tramp G T-T / Volleyball M Tramp / T-T	B T-T G Tramp M Volleyball	MU Leadership B Rugby G Netball	MU Athletics B Athletics G Athletics	Cricket Rounders Boxing
	Skills to be developed:	Under/Over Clears Drop shot Passing Moving Control Interval – HIIT Aerobic/Anaerobic Training Interval – HIIT Aerobic/Anaerobic Training Footwork fundamentals Passing and Receiving	Dig/set/Spike Serving Seat drop back drop Front drop swivel hips Top spin and Chop Drive Cross Court	Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/ Counter	CNat Sport Leadership Criteria Passing Tackling Rucking Mauling Footwork fundamentals Passing and Receiving	Sprint techniques Pacing Shot Long Triple Jump Technique	Forward drive pull shot pace bowling Throwing long Hitting on time/Late/early Combinations Blocking Parrying Slip Rolls on move
	Key assessments taking place:	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet
	Key vocab	Flick and push Follow through Extension Strike Touch inside and outside foot Respiratory rate Cardio vascular Peripheral heart action	Digging Setting Spiking Serving Centre Travelling Fluency Top spin and Chop Drive	Digging Setting Spiking Serving Centre Travelling Fluency Top spin and Chop Drive	Progression Skill Technique Engaging Scrum Contact Offside Ball handling Clearing Feinting	Chin/Knee/Toe Drive hips Open shoulders Distribute energy Fatigue Body sync and mind	Pace Spin Drive Block Pull Timing hand eye-coordination Speed agility quickness

		Respiratory rate Cardio vascular Peripheral heart action Ball handling Clearing Feinting					
<p>Opportunities for retrieval practice: All practical lessons will have a do now task that will be based on a skill that they have been taught last lesson. This is an opportunity to re-cap from last lessons learning. Also lesson 6 is a MAD lesson with assessment booklets where pupil's look back at their learning in the activity and discussions take place with teacher to determine methods to improve performance.</p>							

Long-Term Plan

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 11	Topics to be covered:	B Bad / Foot / HRF G Net / Bad / HRF ML Alt / HRF/ Bad	B Volleyball / Tramp G T-T / Volleyball M Tramp / T-T	B T-T G Tramp M Volleyball	MU Bad B Rugby G Netball	B Cricket G Rounders M Boxing	
	Skills to be developed:	Smash/Drive/Net Turning Shooting Heading Marking Dodging Rebounding Movement Endurance Speed Power Co-ordination Weight resistance Body resistance Plyometric	Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/Chop	Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/Chop	Smash/Drive/Net Passing Tackling Rucking Mauling Marking Dodging Rebounding Movement	Forward drive pull shot pace bowling Throwing long Hitting on time/Late/early Combinations Blocking Parrying Slip Rolls on move	

Key assessments	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	
Key vocab	Power fast wrist action follow through Deft Balance Touch Control Repossession, Intercepting, Covering Set Repts Strength Power Explosion Anaerobic/aerobic, Delaying holding space Endurance Speed Power Co-ordination	Blocking and Dinking Control Height Sliding Rotation Aesthetically pleasing Consistent height Slice Swerve Power Control Smash Loop	Blocking and Dinking Control Height Sliding Rotation Aesthetically pleasing Consistent height Slice Swerve Power Control Smash Loop	Power fast wrist action follow through Deft Scrum Contact Offside Repossession, Intercepting, Covering, Delaying holding space	Pace Spin Drive Block Pull Timing hand eye-coordination Speed agility quickness	
<p>Opportunities for retrieval practice: All practical lessons will have a do now task that will be based on a skill that they have been taught last lesson. This is an opportunity to re-cap from last lessons learning. Also lesson 6 is a MAD lesson with assessment booklets where pupil's look back at their learning in the activity and discussions take place with teacher to determine methods to improve performance.</p>						