	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 j
Year 7	Topic: Transition Curriculum	Topic: Team/Individual	Topic: Team/Individual	Topic: Team/Individual	Topic: Excellence- Summer Sports	Topic: Excellence- Summer Sports
	Rationale of Learning: Students will complete a transition curriculum for their first half term whereby students will be baselined against all of the assessment stands within hearts, bodies and minds. During this unit of work, students will take part in a range of different activities in which they will have the opportunity to demonstrate the range of abilities which we assess. Teachers will assess pupils throughout the half term to determine an overall average of their current assessment level. Students will now have a baseline measure in each strand	Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the assessment criteria. They will be provided numerous scenarios in which they can demonstrate and develop their abilities. From this students will be able to see their current step level and what they need to do in order to achieve the next step level.	Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the assessment criteria. From this students will be able to see their current step level and what they need to do in order to achieve the next step level.	Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the assessment criteria. From this students will be able to see their current step level and what they need to do in order to achieve the next step level.	Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the assessment criteria. From this students will be able to see their current step level and what they need to do in order to achieve the next step level.	Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the assessment criteria. From this students will be able to see their current step level and what they need to do in order to achiev the next step level.
	Activities: Invasion Games (Endball/Football) Net/wall Games (Table Tennis) Health and Fitness (12 minute Cooper Run) Gym Induction Creative (Dance) Accurate Replication (Gymnastics)	Activities: Football Handball Basketball Hockey Rugby X-Country Dance Gymnastics Trampolining Health and Fitness Orienteering Boxing Table Tennis Volleyball Netball	Activities: Football Handball Basketball Hockey Rugby X-Country Dance Gymnastics Trampolining Health and Fitness Orienteering Boxing Table Tennis Volleyball Netball	Activities: Football Handball Basketball Hockey Rugby X-Country Dance Gymnastics Trampolining Health and Fitness Orienteering Boxing Table Tennis Volleyball Netball Cricket Softball Rounders Athletics Tennis Ultimate Frisbee	Activities: Football Handball Basketball Hockey Rugby X-Country Dance Gymnastics Trampolining Health and Fitness Orienteering Boxing Table Tennis Volleyball Netball Cricket Softball Rounders Athletics Tennis Ultimate Frisbee	Activities: Football Handball Basketball Hockey Rugby X-Country Dance Gymnastics Trampolining Health and Fitness Orienteering Boxing Table Tennis Volleyball Netball Cricket Softball Rounders Athletics Tennis Ultimate Frisbee
r 8	Topic: Team/Individual Rationale of Learning: Staff to identify groups lowest strand and provide opportunities for pupils to attain age related expectation. Students will have the	Topic: Team/Individual Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands	Topic: Team/Individual Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the	Topic: Team/Individual Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the	Topic: Excellence- Summer Sports Rationale of Learning: Students will have the opportunity to develop their abilities in two different activities, in which they will be assessed against 2 strands of the	Topic: Excellence- Summer Sports Rationale of Learning: Students will have the opportunit to develop their abilities in two different activities, in which they will be assessed against 2 strands

MCA Physical Education Department: Long Term Plan



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Activities:

- Football
- Handball
- Basketball
- Hockey
- Rugby
- X-Country
- Dance
- Gymnastics
- Trampolining
- Health and Fitness
- Orienteering
- Boxing
- Table Tennis
- Volleyball
- Netball

Activities:

- Football
- Handball
- Basketball
- Hockey
- Rugby
- X-Country
- Dance
- Gymnastics
- Trampolining
- Health and Fitness
- Orienteering
- Boxing
- Table Tennis
- Volleyball
- Netball

Activities:

- Football
- Handball
- Basketball
- Hockey
- RugbyX-Country
- Dance
- Gymnastics
- Trampolining
- Health and Fitness
- Orienteering
- Boxing
- Table Tennis
- Volleyball
- Netball

Activities:

- Football
- Handball
- Basketball
- Hockey
- Rugby
- X-Country
- Dance
- Gymnastics
- Trampolining
- Health and Fitness
- Orienteering
- Boxing
- Table Tennis
- Volleyball
- Netball
- Cricket
- Softball
- Rounders
- Athletics
- Tennis
- Ultimate Frisbee

Activities:

- Football
- Handball
- Basketball
- Hockey
- Rugby
- X-Country
- Dance
- Gymnastics
- Trampolining
- Health and Fitness
- Orienteering
- Boxing
- Table Tennis
- Volleyball
- Netball
- Cricket
- Softball
- Rounders

Tennis

- Athletics
- Ultimate Frisbee

Activities:

- Football
- Handball
- Basketball
- HockeyRugby
- X-Country
- Dance
- Gymnastics
- Trampolining
- Health and Fitness
- OrienteeringBoxing
- Table Tennis
- VolleyballNetball
- Cricket
- Softball
- Rounders
- Athletics Tennis
- Ultimate Frisbee