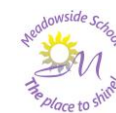


# PHYSICAL EDUCATION - LONG TERM PLAN (LTP)



Key Stage 3		Autumn	Spring	Summer
Unit Title	2025-2026	<b>OAA</b>	<b>Games (striking and fielding)</b>	<b>Games (Team)</b>
Key areas		Team building, problem solving	Tri-Golf – chipping and putting	Kinball
Skills Focus		Gross motor skills – hand eye coordination, spatial awareness, fine motor skills <b>Developing problem solving skills</b>	Gross motor skills – spatial awareness and hand eye coordination <b>Developing resilience, effort, attitude and respect</b>	Gross motor skills – hand eye , eye foot, foot hand coordination <b>transferable skills and lifelong learning</b>
Key vocabulary		Teamwork, problems, solving, bow, arrow, directions	Grip, Stance, tick tok, swing, club, tee, chip, putt	Push, chase, working together, striking, catching
Links to other subjects		Geography, PSHREE, maths, english	Science, Maths, Phonics	PSHREE, maths, English, science

Key Stage 3		Autumn	Spring	Summer
Unit Title	2026-2027	<b>Games (Net and Wall)</b>	<b>Gymnastics</b>	<b>Health and Fitness</b>
Key areas		Sitting /seated volleyball	Routines	Physical/Mental Health and wellbeing
Skills Focus		Gross motor skills – hand eye coordination, spatial awareness <b>Developing knowledge and understanding</b>	Gross motor skills – coordination, spatial awareness <b>Becoming an independent thinker</b>	Fitness <b>Lifelong health and wellbeing</b>
Key vocabulary		Net, volley, dig, set, smash	Movement, balances, jumping, rolls,	Circuits, sit-up, push up, jump, test, bleep, cooper run
Links to other subjects		PSHREE, maths, English	Careers, science, maths, english	PSHREE, maths, science

Key Stage 3		Autumn	Spring	Summer
Unit Title	2027-2028	<b>Dance</b>	<b>Other - Dodgeball</b>	<b>Athletics</b>
Key areas		Dance from around the world (African)	Dodgeball – throwing and catching	<b>Olympics – running, jumping and throwing</b>
Skills Focus		Gross motor skills- hand eye coordination, spatial awareness, timing, rhythm <b>Developing resilience, effort, attitude and respect</b>	Gross motor skills – hand eye coordination, spatial awareness <b>Developing resilience, effort, attitude and respect</b>	Gross motor skills - Running, throwing and jumping <b>knowledge and understanding</b>
Key vocabulary		African, Clock, movement	Ducki, dive, dodge, throw, catch	Running, lines, throw, jump
Links to other subjects		Maths, PSHREE, Geography, History	Maths, PSHREE, Science	Maths, RE Science

P.E at Meadowside promotes democracy, tolerance, respect and individual liberty through breadth of planning ...

**Rule of Law:** A key part of Physical Education lessons is about teaching pupils about rules, sportsmanship, etiquette and fair play

**Tolerance:** Pupils in PE use of a range of social skills in different contexts. They are also taught about respecting others different abilities

**Individual Liberty**

Pupils are encouraged to make sensible and informed choices in lessons and to take ownership and leadership for this

**Democracy:**

Within all lessons pupils get the opportunity to have their opinions heard amongst their peers when discussing topics and current issues and tactics



# PHYSICAL EDUCATION - LONG TERM PLAN (LTP)



Key Stage 4 and P16		Autumn	Spring	Summer
Unit Title	2025-2026	<b>Health and Wellbeing – RISE up</b>	<b>OAA</b>	<b>Dance</b>
Key areas		Repeaters, Inclusive games, Stress busters, energisers	Working together and for others – problem solving & Archery	movies
Skills Focus		<b>Explore transferable skills, knowledge &amp; understanding encouraged to join local clubs</b>	Gross and fine motor skills – hand eye coordination, spatial awareness <b>Developing and embedding leadership qualities</b>	Gross and fine motor skills – hand eye coordination, spatial awareness <b>BROADENING SPORTING EXPERIENCES</b>
Key vocabulary		Team games, circuits, yoga, walking, running, boxing, HIT training	Teamwork, problems, solving, , directions, bow, arrow	Street dance, hip hop, break dance, routines, movies
Accreditation				
Links to other subjects		PSHREE, Maths, Science	PSHREE, Maths, Geography	Music, maths, careers, PSHREE
Key Stage 4 and P16			Autumn	Spring
Unit Title	2026-2027	<b>Athletics (track &amp; field)</b>	<b>Games (Team)</b>	<b>Games (Net &amp; Wall)</b>
Key areas		Developing personal best (track & field)	Kin ball	Pickleball
Skills Focus		Gross and fine motor skills, hand eye coordination, muscular strength, cardiovascular capacity	Gross motor skills – spatial awareness and hand-eye, eye-foot, hand-foot coordination and cardiovascular capacity <b>Embedding and improving tactics</b>	Gross and fine motor skills – hand eye coordination, spatial awareness <b>CREATING HEALTHY AND ACTIVE FUTURES</b>
Key vocabulary		Sprint, endurance, shot put, javelin, discus, hammer, hurdles, long jump	Tri pod, striking, catching, omni kin, fault, out of bounds	Baseline, Kitchen, Sideline, Midcourt, dink, drive, drop shot, lob, erne, around the post, half volley
Accreditation				
Links to other subjects		Maths, careers, PSHREE	Geography, history, PSHREE, life skills	Geography, history, PSHREE, art
Key Stage 4 and P16			Autumn	Spring
Unit Title	2027-2028	<b>Games (Team)</b>	<b>Health and fitness</b>	<b>Gymnastics</b>
Key areas		Dodgeball	Components of fitness	Parkour / Free running
Skills Focus		Gross motor skills – hand eye coordination, spatial awareness, advanced skills and tactics and officiating <b>Embedding resilience, effort, attitude and respect</b>	Muscle Fitness – HIIT, FITT training, Circuits, tests, health and wellbeing <b>Explore transferable skills, knowledge &amp; understanding</b>	Gross motor skills – coordination, spatial awareness <b>Developing and embedding independent thinking</b>
Key vocabulary		Duck, dive, dodge, throw, catch, block	Frequency, Intensity, Time and Type, pulse raiser, specific, progressive, overload, reversibility, peaking	Running, jumping, rolls, shoulder, through, over, under, across
Accreditation				
Links to other subjects		Maths, PSHREE, Science	PSHREE, Maths, Science	PSHREE, Maths, geography, history

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