

ATLP PE Curriculum Long Term Plan

Physical activities across the curriculum have been classified as follows:

1. Invasion (football, rugby, basketball, dodgeball, netball, handball)
2. Co-ordination (badminton, volleyball, tennis, table tennis, cricket)
3. Fitness – Athletics, gym, classes
4. Outdoor activities
5. Creativity (trampoline, gymnastics)
6. Dance
7. Swimming

The sequencing of the curriculum is to promote the development of competence alongside the exposure to a broad range of physical activities. The key concepts are developed progressively with **competitive sports and activities** being an integral feature, where there will be planned opportunities for students to experience competition either modified or full. Half termly and across the MAT there will be further planned competitive activities.

The ability to be **physically active** for sustained periods of time is a planned feature of all lessons and the promotion of health and fitness runs and progresses across the curriculum.

N.B. The requirements to participate in outdoor and adventurous activities, swimming and water safety are acknowledged and each setting are to incorporate into their localised context.

	Autumn		Spring		Summer	
Year 9	Strategies to overcome opponents in direct competition. <u>Application:</u> INVASION (to include fitness testing)	Healthy active lifestyles to develop confidence and expertise. <u>Application:</u> FITNESS / OAA	Strategies to overcome opponents and direct competition. <u>Application:</u> CO-ORDINATION (possible activities – table tennis and badminton)	Strategies to overcome opponents and direct competition. <u>Application:</u> INVASION (another INVASION sport)	Competent, confident and expert in their technique <u>Application:</u> FITNESS Sport education through athletics	Strategies to overcome opponents and direct competition. <u>Application:</u> CO-ORDINATION (possible activities – rounders, cricket,

						softball and / or tennis)
	Fitness: What are the principles of training and what methods use these? Health: How can exercise help my well-being?					
Year 8	Attacking and defending strategies and tactics. <u>Application:</u> INVASION (to include fitness testing)	Develop techniques and improve performance. <u>Application:</u> FITNESS Gymnastics – with a focus on vaulting and travel	Attacking and defending strategies and tactics. <u>Application:</u> CO-ORDINATION (possible activities – table tennis and badminton)	Attacking and defending strategies and tactics. <u>Application:</u> INVASION (another invasion sport) Fitness Testing	Analyse their performance and demonstrate improvement to achieve personal best. <u>Application:</u> FITNESS Athletics ATLP Sports Day	Attacking and defending strategies and tactics. <u>Application:</u> CO-ORDINATION (possible activities – rounders, cricket, softball and / or tennis)
	Fitness: How does my body work? How can I train it? Health: How can I used sport to my advantage?					
Year 7	Using space effectively by using a range of tactics and strategies. <u>Application:</u> INVASION (to include fitness testing)	Creation of a dance (with a focus on relationships) <u>Application:</u> DANCE (possibly topical / themed to cultures)	Co-ordination in individual games (including using space effectively). <u>Application:</u> CO-ORDINATION (possible – table tennis, badminton)	Using space effectively by using a range of tactics and strategies. <u>Application:</u> INVASION (another invasion sport) Fitness Testing	Develop techniques and improve performance <u>Application:</u> FITNESS Athletics ATLP Sports Day	Using space effectively by using a range of tactics and strategies. <u>Application:</u> CO-ORDINATION (possible activities – rounders, cricket, softball and / or tennis)

	Fitness: How fit am I? How can I improve my fitness? Health: What lifestyle factors can I control?					
Year 6	Comparing performance demonstrating improvement to achieve personal best <u>Application:</u> FITNESS baseline assessment Gymnastics – demonstrating techniques (travel, turn, safety balances)	Combination of running, throwing, jumping and catching. <u>Application:</u> INVASION Rules within games	Creation of dynamic dance actions through communication and collaborative work <u>Application:</u> DANCE Possibly linked to a topic or theme. Possibly a group dance.	Competitive games including communicating collaborating and competing. <u>Application:</u> INVASION range of games	Comparing performance and demonstrating improvements <u>Application:</u> FITNESS Athletics (specific events)	Co-ordination of throwing, catching, technique and control. <u>Application:</u> CO-ORDINATION competitive games (rounders, tennis and/or cricket)
	Fitness: What would happen if I don't stick to a balanced diet? Health: What lifestyle factors can I control?					
Year 5	Comparing performance and demonstrating improvement to achieve personal best. <u>Application:</u> FITNESS – baseline assessment Gymnastics – demonstrating techniques (travel,	Combination of running, throwing, jumping and catching. <u>Application:</u> INVASION – rules within games and positions	Creation of a dynamic dance with actions. <u>Application:</u> DANCE – possibly linked to a theme/topic	Communicating and developing broader skills of officiating and leading. <u>Application:</u> INVASION (different sport)	Comparing performance and demonstrating improvements <u>Application:</u> FITNESS Athletics (specific events)	Co-ordination – throwing, catching, techniques and control. <u>Application:</u> CO-ORDINATION – Simple tactics for attacking and defence

	turn and safety balances)					
	Fitness: What is a balanced diet? What should I eat daily? Health: How can I be body confident?					
Year 4	Strength, technique and control <u>Application:</u> FITNESS – baseline assessment	Range of movement and patterns (with a focus on emotions and different levels) <u>Application:</u> DANCE (with a performance)	Control of the body using apparatus (with a focus on balance and co-ordination) <u>Application:</u> CO-ORDINATION Gymnastics	Running, jumping, throwing, catching, defending and attacking <u>Application:</u> INVASION (Different sport to year 3)	Comparing performance and demonstrating improvement to achieve personal best <u>Application:</u> FITNESS Athletics (different distances)	Co-ordination, control, techniques, throwing and catching <u>Application:</u> CO-ORDINATION Modified competitive games – cricket, rounders and/or tennis
	Fitness: How do I feel after exercise? Health: How could I be more active?					
Year 3	Baseline fitness and develop through chosen sport <u>Application:</u> FITNESS Cross country / daily mile	Range of movements and patterns (whole school themed) <u>Application:</u> DANCE (with performance)	Control of the body (with a focus on travel) <u>Application:</u> CO-ORDINATION Gymnastics	Running, jumping, throwing, catching, defending and attacking <u>Application:</u> INVASION Sport specific focus	Comparing performance and demonstrating improvement to achieve personal best <u>Application:</u> FITNESS Athletics	Co-ordination: control, technique, throwing and catching <u>Application:</u> CO-ORDINATION (with competitive games)
	Fitness: What are the benefits of exercise? Why do we need to be active?					

	Health: Why is it important to drink water?					
Year 2	<p>Balance and co-ordination</p> <p><u>Application:</u> CO-ORDINATION Gymnastics - routines</p>	<p>Running, jumping, throwing and catching</p> <p><u>Application:</u> INVASION Sport specific focus (rugby or football)</p>	<p>Dance – linked to a topic within another subject</p> <p><u>Application:</u> DANCE and CO-ORDINATION With performance</p>	<p>Simple tactics: attacking and defending with competition</p> <p><u>Application:</u> INVASION (a different sport from autumn 2)</p>	<p>Running, jumping and throwing</p> <p>ATLP COMPETITION</p> <p><u>Application:</u> FITNESS Athletics: competitive about self and against each other</p>	<p>Co-ordination</p> <p><u>Application:</u> CO-ORDINATION Sport specific: cricket, rounders, tennis</p>
	Fitness and Health: What happens to my body during exercise?					
Year 1	<p>Balance and coordination</p> <p><u>Application:</u> FITNESS Gymnastics / apparatus</p>	<p>Running, jumping, throwing and catching</p> <p><u>Application:</u> INVASION and COOPERATIVE Target games (not sport specific)</p>	<p>Dance – movement and coordination (linked to a story)</p> <p><u>Application:</u> DANCE – sequence of movement (starting and end positions) with simple competitive</p>	<p>Simple tactics (attacking and defending) with agility</p> <p><u>Application:</u> COORDINATION Targeted games (multi-sport) with some competition</p>	<p>Running, jumping and throwing</p> <p><u>Application:</u> FITNESS Athletics</p>	<p>Hand eye co-ordination</p> <p><u>Application:</u> CO-ORDINATION Tennis / cricket / dodgeball</p>
	Fitness and Health: How does movement make you feel?					