Year 9 EXAM PE Long Term Plan

Term 1	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Option 1 2 lessons PW (3 Years) Sports Studies	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances WIN RO52 LO1 (Practical / log book)	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances WIN RO52 LO1 (Practical / log book)
Option 2 3 lessons PW (2 years) Sports Studies	RO52 LO2 Developing skills and techniques in team performances RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership WIN RO53 LO1 (Written)	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 CA1	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 CA1	RO52 LO2 Developing skills and techniques in team performance WIN RO52 LO1 (Practical / log book) RO53 LO2 Be able to plan sports activity sessions	RO52 LO2 Developing skills and techniques in team performance RO53 LO2 Be able to plan sports activity sessions	RO52 LO2 Developing skills and techniques in team performance RO53 LO2 Be able to plan sports activity sessions WIN RO53 LO2 (Written)
Term 2	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	
Option 1 2 lessons PW (3 Years) Sports Studies	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances	RO52 LO2 Developing skills and techniques in team performances WIN RO52 LO1 (Practical / log book)	RO52 LO2 Developing skills and techniques in team performances RO52 LO3 Officiating team	RO52 LO2 Developing skills and techniques in team performances RO52 LO3 Officiating team	RO52 LO2 Developing skills and techniques in team performances WIN RO52 LO1 (Practical / log book)	RO52 LO2 Developing skills and techniques in team performances RO52 LO3 Officiating team	

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	1
leadership	ieadersnip	ieadersnip	·			
	1					
				Catch Up	Catch Up	
	Be able to	Be able to	Be able to	I ———		
RO53 LO4	RO53 LO4	RO53 LO4	RO53 LO4			
performance	performance	performance	performance	performance	performance	
individual	individual	individual	individual	individual	individual	
and techniques in	and techniques in	and techniques in	and techniques in	and techniques in	and techniques in	
Developing skills	Developing skills	Developing skills	Developing skills	Developing skills	Developing skills	
RO52 LO1	RO52 LO1	RO52 LO1	RO52 LO1	RO52 LO1	RO52 LO1	1
			(Written			
sports leadership	sports leadership	sports leadership	WIN RO53 LO1			
responsibilities in	responsibilities in	responsibilities in	sports leadership			
styles, roles and	styles, roles and	styles, roles and	responsibilities in			
Personal qualities,	Personal qualities,	Personal qualities,	styles, roles and	CA1	CA1	
RO53 LO1	RO53 LO1	RO53 LO1	Personal qualities,	RO53 LO1	RO53 LO1	1
7 Jan.	14 Jan.	21 Jan.	28 Jan.	4 Feb.	11 Feb.	
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	5/1/ 11/11
						CA / WIN
		VVIIN	sessions	sessions	sessions	sports activ sessions
	sessions		' '	· ' ' ' '	' '	Be able to de
sessions						RO53 LO3
Be able to deliver				_		Officiating tea
RO53 LO3			performance	RO52 LO3	RO52 LO3	RO52 LO3
performance	performance	performance	team	performance.	performance.	performance.
team	team	team	and techniques in	team	team	team
and techniques in	and techniques in	and techniques in	Developing skills	and techniques in	and techniques in	and technique
			RO52 LO2			Developing sk
RO52 LO2	RO52 LO2	RO52 LO2		RO52 LO2	RO52 LO2	RO52 LO2
					Officiating team	
	team performance RO53 LO3 Be able to deliver sports activity sessions Week 1 7 Jan. RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO52 LO1 Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership	Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions Week 1 7 Jan. RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO52 LO1 Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership	Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions Week 1 7 Jan. RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO52 LO1 Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions Week 2 14 Jan. RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO52 LO1 Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership	Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions Week 1 7 Jan. RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO52 LO1 Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity sessions RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO53 LO1 Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership RO53 LO4 Be able to evaluate own delivery of sport leadership Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership RO52 LO1 Developing skills and techniques in individual performance RO53 LO4 Be able to evaluate own delivery of sport leadership RO53 LO4 Be able to evaluate own delivery of sport leadership RO53 LO4 Be able to evaluate own delivery of sport leadership RO53 LO4 Be able to evaluate own delivery of sport leadership	Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions Week 1 7 Jan. RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO52 LO1 Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions RO53 LO3 Be able to deliver sports activity ses	Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions Week1 7 Jan. RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership RO53 LO1 Developing skills and techniques in team performance Performance RO53 LO1 Developing skills and techniques in team performance performance Performance RO53 LO3 Be able to deliver sports activity sessions RO53 L

Option 1 2 lessons PW (3 Years) Sports Studies	RO53 LO2 Be able to plan sports activity sessions	RO53 LO2 Be able to plan sports activity sessions	RO53 LO2 Be able to plan sports activity sessions WIN RO53 LO2 (Written)	RO53 LO3 Be able to deliver sports activity sessions	RO53 LO3 Be able to deliver sports activity sessions	RO53 LO3 Be able to deliver sports activity sessions
Option 2 3 lessons PW (2 years) Sports Studies	RO54 LO1 Media coverage of sport RO52 LO1 Developing skills and techniques in individual performance	RO54 LO1 Media coverage of sport WIN LO1 RO52 LO1 Developing skills and techniques in individual performance	RO54 LO1 Media coverage of sport CA LO1 RO52 LO1 Developing skills and techniques in individual performance RO52 LO3 Officiating individual	RO54 LO2/3 Positive /negative effects of the media on sport RO52 LO1 Developing skills and techniques in individual performance RO52 LO3 Officiating individual	RO54 LO2/3 Positive/ negative effects of the media on sport RO52 LO1 Developing skills and techniques in individual performance RO52 LO3 Officiating individual	RO54 LO2/3 Positive/ negative effects of the media on sport RO52 LO1 Developing skills and techniques in individual performance RO52 LO3 Officiating individual
Term 5	Week 1 22 April	Week 2 29 April	Week 3 6 May	Week 4 13 May	Week 5 20 May	
Option 1 2 lessons PW (3 Years) Sports Studies	RO53 LO3 Be able to deliver sports activity sessions	RO53 LO3 Be able to deliver sports activity sessions	RO53 LO3 Be able to deliver sports activity sessions WIN	RO53 LO3 Be able to deliver sports activity sessions CA / WIN	Catch up ro52 LO2	
Option 2 3 lessons PW (2 years) Sports Studies	RO54 LO2/3 Positive/ negative effects of the media on sport WIN LO2/LO3 RO52 LO1 Developing skills and techniques in individual performance RO52 LO3 Officiating	RO54 LO2/3 Positive/ negative effects of the media on sport CA LO2/LO3 RO52 LO1 Developing skills and techniques in individual performance RO52 LO3 Officiating	RO54 LO4 Relationship between sports and media RO52 LO4 Using practise methods to improve performance	RO54 LO4 Relationship between sports and media RO52 LO4 Using practise methods to improve performance	RO54 LO4 Relationship between sports and media WIN LO4 RO52 LO4 Using practise	

	individual	individual			methods to improve performance		
Term 6	Week 1 3 June	Week 2 10 June	Week 3 17 June	Week 4 24 June	Week 5 1 July	Week 6 8 July	Week 7 15 July
Option 1 2 lessons PW (3 Years) Sports Studies	RO53 LO4 Be able to evaluate own delivery of sport leadership	RO53 LO4 Be able to evaluate own delivery of sport leadership	RO53 LO4 Be able to evaluate own delivery of sport leadership	RO53 LO4 Be able to evaluate own delivery of sport leadership WIN/CA	RO53 LO4 Be able to evaluate own delivery of sport leadership WIN/CA	RO53 Catch Up	RO53 Catch Up
Option 2 3 lessons PW (2 years) Sports Studies	RO54 LO4 Relationship between sports and media CA LO4 RO52 LO4 Using practise methods to improve performance	RO54 LO5 Evaluating media coverage of sport RO52 LO4 Using practise methods to improve performance	RO54 LO5 Evaluating media coverage of sport RO52 LO4 Using practise methods to improve performance WIN / CA / Witness statments	RO54 LO5 Evaluating media coverage of sport WIN LO5 RO52 LO4 Using practise methods to improve performance	RO54 LO5 Evaluating media coverage of sport CA LO5 RO52 LO4 Using practise methods to improve performance	RO54 catch up	RO54 Catch up

Year 10 EXAM Long Term Plan

Term 1	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Sports Studies 3 lessons PW (2 Years)	RO52 LO2 Developing skills and techniques in team performances RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 Personal qualities, styles, roles and responsibilities in sports leadership WIN RO53 LO1 (Written)	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 CA1	RO52 LO2 Developing skills and techniques in team performance RO53 LO1 CA1	RO52 LO2 Developing skills and techniques in team performance WIN RO52 LO1 (Practical / log book) RO53 LO2 Be able to plan sports activity sessions	RO52 LO2 Developing skills and techniques in team performance RO53 LO2 Be able to plan sports activity sessions	RO52 LO2 Developing skills and techniques in team performance RO53 LO2 Be able to plan sports activity sessions
Sports science 3 lessons PW (3 years)	RO41 LO1 Extrinsic factors that influence risk of injury	RO41 LO1 Intrinsic factors that influence risk of injury	RO41 LO1 Intrinsic factors that influence risk of injury WIN Exam tasks	RO41 LO2 How warm up Cool down prevent injury	RO41 LO2 How warm up Cool down prevent injury	RO41 LO2 How warm up Cool down prevent injury	RO41 LO3 How to respond to injuries Acute and chronic +Types of injury symptoms and treatments WIN Exam tasks	RO41 LO3 How to respond to injuries Acute and chronic +Types of injury symptoms and treatments
GCSE 3 lessons PW (3 years)	Consolidation and revision of diet	Consolidation and revision of somatotypes	Energy balance WIN TASK Exam Qs	Classification of skills	Classification of skills	Goals and goal setting	Goals and smart targets WIN Task Extended answer (AO3)	Information processing
Term 2	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	

Sports Studies 3 lessons PW (2 Years)	RO52 LO2 Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions	RO52 LO2 Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions	RO52 LO2 Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions WIN	RO52 LO2 Developing skills and techniques in team performance RO53 LO3 Be able to deliver sports activity sessions	RO52 LO2 Developing skills and techniques in team performance. RO53 LO3 Be able to deliver sports activity sessions	RO52 LO2 Developing skills and techniques in team performance. RO53 LO3 Be able to deliver sports activity sessions	RO52 LO2 Developing skills and techniques in team performance. RO53 LO3 Be able to deliver sports activity sessions CA / WIN
Sports science 3 lessons PW (3 years)	RO41 LO3 Responding to injuries in sporting context. WIN	RO41 LO3 Emergency Action Plans	RO41 LO4 Symptoms and treatments for common medical conditions	RO41 EXAM QS / REVISION / MOCK WIN/SUMMAT IVE	RO41 EXAM QS / REVISION / MOCK	RO41 EXTERNAL EXAM	
GCSE 3 lessons PW (3 years)	Revision and exam technique	Revision and exam technique	Feedback and guidance	Feedback and guidance	Arousal and inverted U theory	Arousal / inverted U, skill / stress management	Aggression and personality
Term 3	Week 1 7 Jan.	Week 2 14 Jan.	Week 3 21 Jan.	Week 4 28 Jan.	Week 5 4 Feb.	Week 6 11 Feb.	
Sports Studies 3 lessons PW	RO53 LO4 Be able to	RO53 LO4 Be able to	RO53 LO4 Be able to	RO53 LO4 Be able to	RO53 Catch up	RO53 Catch Up	
(2 Years)	evaluate own delivery of sport leadership	evaluate own delivery of sport	evaluate own delivery of sport leadership	evaluate own delivery of sport	'		
(2 Years) Sports science 3 lessons PW (3 years)		evaluate own		evaluate own	RO45 LO2 Nutrition Nutrition in sport before during and after exercise	RO45 LO2 Nutrition Diet requirements of different sporting activities. WIN TASK LO2 Final CA write ups	

		Exam qs				
Term 4	Week 1 25 Feb.	Week 2 4 Mar.	Week 3 11 Mar.	Week 4 18 Mar.	Week 5 25 Mar.	Week 6 1 April
Sports Studies 3 lessons PW (2 Years) AS Y9 Above						
Sports science 3 lessons PW (3 years)	RO45 LO2 Nutrition Dietary supplements Final CA write up LO2	. RO45 LO3 Nutrition Malnutrition, under eating, overeating and dehydration	RO45 LO3 Nutrition Malnutrition, under eating and overeating.	RO45 LO3 Nutrition Malnutrition, under eating and overeating Final CA write up	RO45 LO4 Nutrition Develop a diet plan	RO45 LO4 Nutrition Develop a diet plan
GCSE 3 lessons PW (3 years)	Coursework Unit	Coursework Unit	Coursework Unit WIN TASK Extended writing	Coursework Unit	Coursework Unit Controlled assessment	Coursework Unit Controlled assessment
Term 5	Week 1 22 April	Week 2 29 April	Week 3 6 May	Week 4 13 May	Week 5 20 May	
Sports Studies 3 lessons PW (2 Years) AS Y9 above						
Sports science 3 lessons PW (3 years)	RO45 LO4 Nutrition Develop a diet plan WIN TASK LO4	RO45 LO4 Nutrition Develop a diet plan	RO45 LO4 Nutrition Develop a diet plan	RO45 LO4 Nutrition Develop a diet plan	RO45 LO4 Nutrition Develop a diet plan Final CA LO4	
GCSE 3 lessons PW (3 years)	Heart structure	Cardiac cycle	Blood Vessels	Revision / exam technique	Revision / exam technique	

Term 6	Week 1 3 June	Week 2 10 June	Week 3 17 June	Week 4 24 June	Week 5 1 July	Week 6 8 July	Week 7 15 July
Sports Studies 3 lessons PW (2 Years) As Y9 above							
Sports science 3 lessons PW (3 years)	All Units catch up /improvement						
GCSE 3 lessons PW (3 years)	Revision / exam technique	Revision / exam technique	Revision / exam technique	Review	REview		

Year 11 EXAM Long Term Plan

Term 1	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Sports Science 2 Lessons per week (2 years)	RO41 LO1 Extrinsic factors that influence risk of injury	RO41 LO1 Intrinsic factors that influence risk of injury	RO41 LO1 Intrinsic factors that influence risk of injury WIN Exam task	RO41 LO2 How warm up Cool down prevent injury	RO41 LO2 How warm up Cool down prevent injury	RO41 LO2 How warm up Cool down prevent injury	RO41 LO3 How to respond to injuries Acute and chronic +Types of injury symptoms and treatments WIN exam task	RO41 LO3 How to respond to injuries Acute and chronic +Types of injury symptoms and treatments
Term 2	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	
Sports Science 2 Lessons per week (2 years)	RO41 LO3 Responding to injuries in sporting context. WIN exam tasks	RO41 LO3 Emergency Action Plans	RO41 LO4 Symptoms and treatments for common medical conditions	RO41 EXAM QS / REVISION / MOCK	RO41 EXAM QS / REVISION / MOCK	RO41 EXAM QS / REVISION / MOCK	. RO41 EXAM QS / REVISION / MOCK	
Term 3	Week 1 7 Jan.	Week 2 14 Jan.	Week 3 21 Jan.	Week 4 28 Jan.	Week 5 4 Feb.	Week 6 11 Feb.		I
Sports Science 2 Lessons per week (2 years)	RO41 EXTERNAL EXAM	RO45 LO1 Nutrition Characteristics of a balanced diet, nutrients	RO45 LO1 Nutrition The role of each nutrient and sources. CA1 complete	RO45 LO2 Nutrition Nutrition in sport before during and after exercise	RO45 LO2 Nutrition Nutrition in sport before during and after exercise	RO45 LO2 Nutrition Diet requirements of different sporting activities. WIN TASK LO2 Final CA write ups		
Term 4	Week 1 25 Feb.	Week 2 4 Mar.	Week 3 11 Mar.	Week 4 18 Mar.	Week 5 25 Mar.	Week 6 1 April		
Sports Science 2 Lessons per week (2 years)	RO45 LO2 Nutrition Dietary supplements Final CA write up LO2	. RO45 LO3 Nutrition Malnutrition, under eating, overeating and dehydration	RO45 LO3 Nutrition Malnutrition, under eating and overeating.	RO45 LO3 Nutrition Malnutrition, under eating and overeating Final CA write up	RO45 LO4 Nutrition Develop a diet plan	RO45 LO4 Nutrition Develop a diet plan		

Term 5	Week 1	Week 2	Week 3	Week 4	Week 5
	22 April	29 April	6 May	13 May	20 May
Sports Science 2 Lessons per week (2 years)	RO45 LO4 Nutrition Develop a diet plan WIN TASK LO4	RO45 LO4 Nutrition Develop a diet plan	All Units catch up	All units Catch up	All units Catch up