

Moor House School PE Long Term Plan (3 Years) – Updated September 2019

An overview of Physical Education throughout the academic year.

Students will learn about and participate in sports highlighted in **blue** this academic year, 2019 to 2020.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2 Session 1 Tuesday	Gymnastics Skills	Dance	Team Games: Handball/ Football/ Dodgeball/ Tennis Polo (Toccer)/Goal Ball.	Rounders/Kickball: Preparation for Sports Day.	Athletics: Running, throwing, jumping. Preparation for Sports Day.	Team building & Outdoor adventurous activities.
KS2 Session 2 Friday	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.
KS3 (Y7,8,9) Session 1 Y7 Wednesday Y8 Tuesday Y9 Friday	Contact Games: Tag Rugby/Lacrosse/ Hockey & Floorball.	Net Games: Basketball/Korfball/ Netball.	Foot/Hand Games: Handball/ Football/ Dodgeball/ Tennis Polo (Toccer)/ Goal Ball.	Field Games: Rounders/Kickball/ Cross Country/Ultimate Frisbee/Indoor Field Games & Track.	Athletics: Outdoor Gym & Track events for Sports Day Orienteering	Enhancement Week Events: Athletics/Cricket/Stoolball /Rounders/Kickball/Ultimate Frisbee & Dance.
KS3 (Y7,8,9) Session 2 Thursday	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.	Alternating every half term - Swimming, Trampoline.
KS4 Y10 Friday	Tag Rugby/ Lacrosse/Hockey & Floorball.	Net Games - Basketball/Korfball/ Netball.	Lifesaving/Water polo.	Swimming Gala Prep.	Athletics: Outdoor Gym & Track events for Sports Day Orienteering	Sports Day & Enhancement Week Events: Athletics/Cricket/Stoolball /Rounders/Kickball/Ultimate.
KS4 Y11 Thursday	Tag Rugby/ Lacrosse/Hockey & Floorball.	Net Games - Basketball/Korfball/ Netball.	Lifesaving/Water polo.	Swimming Gala Prep.	Athletics: Outdoor Gym & Track events for Sports Day Orienteering	Sports Day Events: Athletics/Cricket/Stoolball /Rounders/Kickball/Ultimate

N.B.: (Plan is subject to change due to facility usage: e.g. exams, rehearsals, exhibitions, assemblies in sports hall; weather conditions; extra-curricular activities e.g. WEX).