

Physical Education. Long Term Plan 2024-25 Year 7 Girls

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Cycle 1	Week commencing/ events	27.08.24 <i>Staff orientation</i>	2.09.24 <i>Student orientation</i>	9.09.24	16.09.24	23.09.24	30.09.24	7.10.24	14.10.24 <i>October half-term</i>	4.11.24	11.11.24 <i>Data and planning days</i>	18.11.24	25.11.24	2.12.24	
	Topics studied			Bassline testing Warm-Ups	Baseline Football and basketball	Basketball Dribbling	Basketball Passing	Basketball Shooting Layup and free throw	Basketball Defending game play	Basketball Attacking game play Matches	Basketball Matches	Netball Passing	Netball Footwork	Netball Attacking positioning game play Shooting	

Cycle 2	Week commencing/ events	9.12.24 <i>Cycle 1 assessments</i>	16.12.24 <i>Cycle 1 assessments</i> <i>Christmas holidays</i>	6.01.25	13.01.25	20.01.25	27.01.25	3.02.25	10.02.25 <i>Trust conference</i> <i>February half-term</i>	17.02.25	3.03.25 <i>Data and planning days</i>	10.03.25	17.03.25	24.03.25	
	Topics studied	Netball Defending positioning game play	Netball games Assessment	Football - Ball control Possession under pressure	Football- Passing under pressure Match play	Football- Proccession play Passing under pressure Match play	Football- Attacking and defending principles in match play	Football- Match play Assessments	Football Match play Assessments	Badminton Serving and rules	Badminton Overhead clear	Badminton Underarm dropshot	Badminton Net play and smash shot	Badminton Games	
Cycle 3	Week commencing/ events	31.03.25 <i>Easter holidays</i>	21.04.25 <i>Bank holiday</i>	28.04.25	5.05.25 <i>Bank holiday</i>	12.05.25	19.05.25 <i>Half-term</i>	2.06.25	9.06.25 <i>Trust assessments</i>	16.06.25 <i>Trust assessments</i>	23.06.25	30.06.25	7.07.25	14.07.25 <i>Dream team</i> <i>Summer holidays</i>	
	Topics studied	Badminton Games Assessment	Cricket Throwing and catching Batting	Cricket Batting	Cricket Introduce to bowling Match play	Cricket Batting and bowling isolation practice Assessment	Cricket Full rules Match play Assessment	Rounders Throwing and catching	Rounders Throwing and catching Batting	Rounders Batting	Rounders Introduce rules Match play	Rounders Full rules Match play	Rounders Sports day prep Assessment	Sports Day	

