

## **KS3&4 Physical Education: Long-Term Planning**

### **KS3&4 Long-Term Curriculum Map for P.E. @ CoPASS**

**KS3:** All pupils at CoPASS are supported to build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They are supported in order to aid their understanding of what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity. All activities are delivered and adapted to meet the individual needs and abilities of all pupils within the City of Peterborough Academy Special School. Implementing strategies and techniques to support and enhance the learning opportunities for pupils with ASD.

Pupils at CoPASS are taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics, gymnastics, parkour]
- perform rhythmic and planned movement making links to dance styles and movements
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

#### **Swimming & Rebound Therapy**

All pupils in KS3, following satisfactory risk assessment, will have some access to swimming opportunities at local facilities supported by appropriate swimming instructors/appropriately accredited staff. In addition, pupils will have opportunities to access individual and group Rebound Therapy at regular intervals throughout KS3, following a satisfactory risk assessment.

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**KS4:** All pupils at CoPASS should tackle complex and demanding physical activities. They will be given opportunities to be involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. All activities are delivered and adapted to meet the individual needs and abilities of all pupils within the City of Peterborough Academy Special School. Implementing strategies and techniques to support and enhance the learning opportunities for pupils with ASD.

Pupils at CoPASS are taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance, parkour or gymnastics]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

### **Rebound Therapy**

All pupils will have opportunities to access individual and group Rebound Therapy at regular intervals throughout KS4, following a satisfactory risk assessment.

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## KS3/4 Core P.E. @ City of Peterborough Academy Special School

Class/ Year	Autumn Term		Spring Term		Summer Term	
	1	2	3	4	5	6
<b>Yr7</b>	Football & Basketball & Rugby (Invasion games)	Gymnastics/Dance/ Parkour & Adapted Multi-sports	Outdoor Adventu- rurous Activities & Hockey	Net/Wall Games	Striking and Fielding	Athletics
<b>Yr8</b>						
<b>Yr9</b>	 This is ME	 Social ME	 Thinking ME	 Thinking ME	 Social ME	 This is ME
<b>Yr10</b>	Football & Health and Fitness	Rugby & Health and Fitness	Basketball & Dodgeball & Handball	Net/Wall Games	Striking and Fielding/ Parkour	Athletics
<b>Yr11</b>						
	 This is ME	 Thinking ME	 Social ME	 Thinking ME	 Social ME	 This is ME

Physical Education Long-Term plan developed in accordance to DFE's Physical education programmes of study: key stages 3 and 4 National curriculum in England, September 2013.