



Red Moor School

# Physical Education

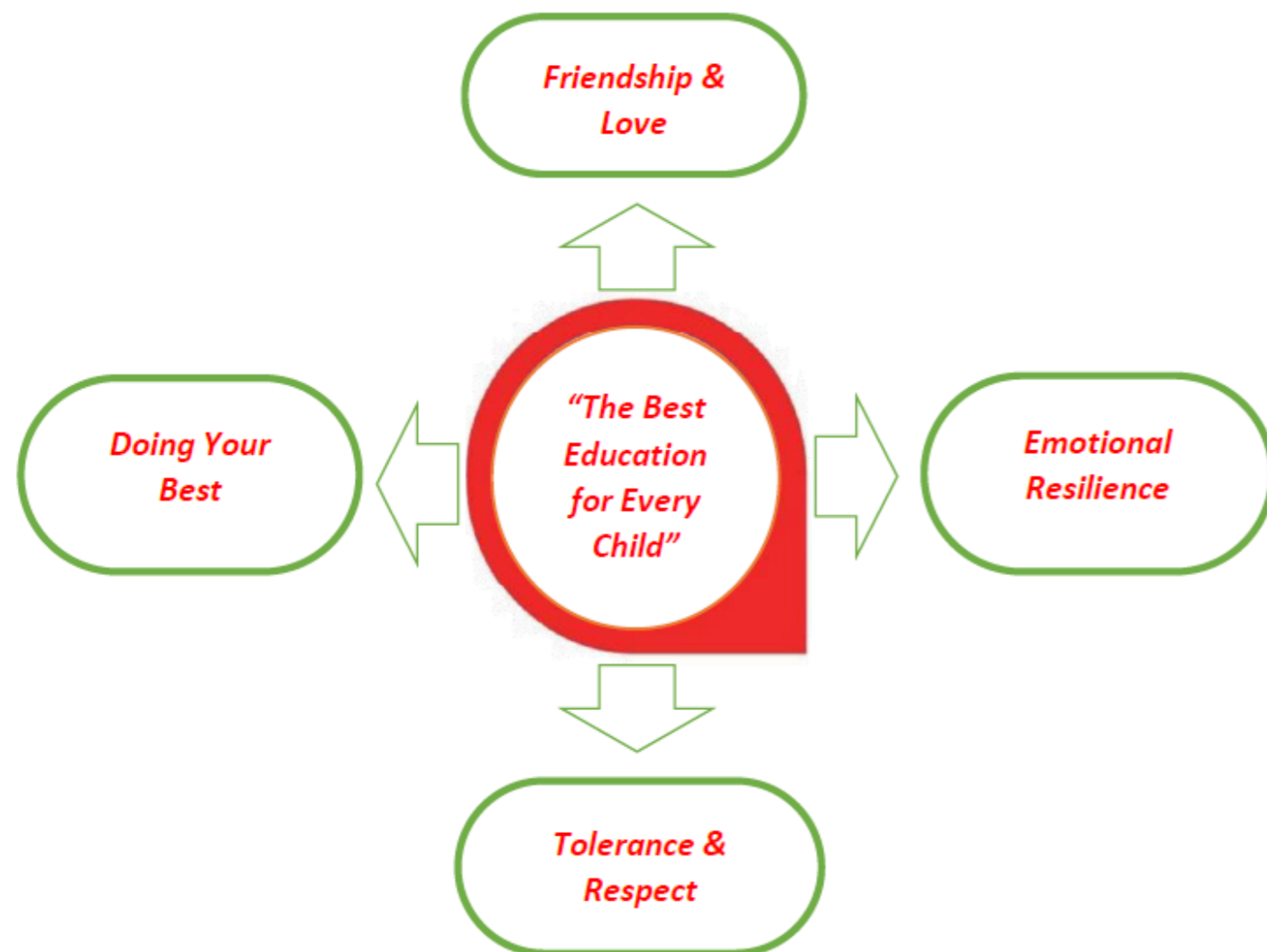
Schedule Plans

Health and Wellbeing

Faculty

Head of Faculty: Ryan Barnes

Date of last review: July 2020



## Physical Education Schedule RMS Foundation Stage (KS2 & 3)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Half-Term block	Notes: Each Half-Term block represents approximately <b>6 Lessons (45 minutes each)</b> over 6-7 weeks.					
Schedule A	<p>Title: Multi Skills</p> <p>Context: Handling a ball with two hands. Exploring throwing and catching.</p> <p>Banding: Step 3-6</p> <p>Progression Area: Hand eye co ordination</p>	<p>Title: Invasion Games</p> <p>Context: How to pass a ball using hands / feet. Different types of game.</p> <p>Banding: Step 3-6</p> <p>Progression Area: Passing and receiving a ball</p>	<p>Title: Invasion Games</p> <p>Context: How to pass a ball using hands / feet. Different types of game.</p> <p>Banding: Step 3-6</p> <p>Progression Area: Passing and receiving a ball</p>	<p>Title: Net / Wall Games</p> <p>Context: How to pass a ball using hands. Different types of game.</p> <p>Banding: Step 3-6</p> <p>Progression Area: Hand eye co ordination</p>	<p>Title: Striking &amp; Fielding / Athletics</p> <p>Context: To develop hand eye co ordination. Basic throwing and catching.</p> <p>Banding: Step 3-6</p> <p>Progression Area: Throwing and catching</p>	<p>Title: Striking &amp; Fielding / Athletics</p> <p>Context: To develop hand eye co ordination. Basic throwing and catching.</p> <p>Banding: Step 3-6</p> <p>Progression Area: Throwing and catching</p>
Schedule B	<p>Title: Multi Skills</p> <p>Context: Handling a range of balls with two hands. Exploring throwing and catching.</p> <p>Banding: Step 3-7</p> <p>Progression Area: Hand eye coordination</p>	<p>Title: invasion Games</p> <p>Context: Learning the different sports. How to pass a ball using hands / feet.</p> <p>Banding: Step 3-7</p> <p>Progression Area: Passing and receiving a ball</p>	<p>Title: Invasion Games</p> <p>Context: Learning the different sports. How to pass a ball using hands / feet.</p> <p>Banding: Step 3-7</p> <p>Progression Area: Knowledge of sports</p>	<p>Title: Net / Wall Games</p> <p>Context: Learning the different sports. How to pass a ball using hands / feet. Aiming for a target</p> <p>Banding: Step 3-7</p> <p>Progression Area: Target practice</p>	<p>Title: Striking &amp; Fielding / Athletics</p> <p>Context: Further develop hand eye coordination. Develop throwing &amp; catching and movement.</p> <p>Banding: Step 3-7</p> <p>Progression Area: Throwing and catching</p>	<p>Title: Striking &amp; Fielding / Athletics</p> <p>Context: Further develop hand eye coordination. Develop throwing &amp; catching and movement.</p> <p>Banding: Step 3-7</p> <p>Progression Area: Throwing and catching</p>
Schedule C	<p>Title: Tag Rugby</p> <p>Context: Using a rugby ball to learn to catch and pass. Focus on short passing, stationary to moving.</p> <p>Banding: Step 3-8</p> <p>Progression Area: Passing and moving in rugby</p>	<p>Title: Football</p> <p>Context: Develop basic skills within football . Including passing &amp; shooting.</p> <p>Banding: Step 3-8</p> <p>Progression Area: Passing and shooting in football</p>	<p>Title: Net / Wall Games</p> <p>Context: Learning the different sports. How to pass a ball using hands. Aiming for a target.</p> <p>Banding: Step 3-8</p> <p>Progression Area: Learning a variety of sports</p>	<p>Title: Zone Ball</p> <p>Context: Develop basic skills within zone ball style games. Including passing &amp; shooting.</p> <p>Banding: Step 3-8</p> <p>Progression Area: Passing and shooting</p>	<p>Title: Striking &amp; Fielding</p> <p>Context: Further develop hand eye coordination. Develop throwing &amp; catching and movement.</p> <p>Banding: Step 3-8</p> <p>Progression Area: Throwing and catching</p>	<p>Title: Athletics / Rounder's</p> <p>Context: Learning the basics of running, jumping and throwing. The rules of rounder's, how to attack and field.</p> <p>Banding: Step 3-8</p> <p>Progression Area: Attacking and fielding in rounders</p>
Schedule D	<p>Title: Tag Rugby</p> <p>Context: Begin to learn rules of tag rugby. Pass back, knock on and run forwards.</p> <p>Banding: Step 4-8</p> <p>Progression Area: The rules of tag rugby</p>	<p>Title: Football</p> <p>Context: Further develop previous skills. Adding in tackling and the rules.</p> <p>Banding: Step 4-8</p> <p>Progression Area: Tackling and the rules of football</p>	<p>Title: Net / Wall Games</p> <p>Context: Learning the different sports. Passing with accuracy using hands. Aiming for a moving target.</p> <p>Banding: Step 4-8</p> <p>Progression Area: Target practice and developing accuracy</p>	<p>Title: Zone Ball</p> <p>Context: Further develop previous skills. Adding in tackling and the rules.</p> <p>Banding: Step 4-8</p> <p>Progression Area: Tackling and defensive movement</p>	<p>Title: Striking &amp; Fielding</p> <p>Context: Further develop striking a moving object. Develop throwing &amp; catching and movement.</p> <p>Banding: Step 4-8</p> <p>Progression Area: Striking a moving object</p>	<p>Title: Athletics / Rounder's</p> <p>Context: Developing running, jumping and throwing. Advanced throwing, catching and striking.</p> <p>Banding: Step 4-8</p> <p>Progression Area: Learning the events in athletics</p>

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Half-Term block	Notes: Each Half-Term block represents approximately 6 Lessons (45 minutes each) over 6-7 weeks.					
Schedule E	<p>Title: UAS Rugby</p> <p>Context: Using passing and moving to beat a defender in a 2v1 situation.</p> <p>Banding: Step 5-9</p> <p>Progression Area: Developing teamwork within rugby</p>	<p>Title: UAS Football</p> <p>Context: Develop understanding of the rules. Passing &amp; shooting with accuracy.</p> <p>Banding: Step 5-9</p> <p>Progression Area: Striking the ball with accuracy</p>	<p>Title: UAS Fitness</p> <p>Context: Complete a training programme. Understand different muscles and exercises. Use equipment safely.</p> <p>Banding: Step 5-9</p> <p>Progression Area: Developing knowledge of a gym environment</p>	<p>Title: UAS Basketball</p> <p>Context: Develop understanding of the rules. Passing &amp; shooting with accuracy.</p> <p>Banding: Step 5-9</p> <p>Progression Area: The rules of basketball</p>	<p>Title: UAS Net / Wall Games</p> <p>Context: Striking an object. How to field and attack. The rules in certain sports.</p> <p>Banding: Step 5-9</p> <p>Progression Area: Understanding the rules of different sports</p>	<p>Title: UAS Athletics / Cricket</p> <p>Context: Learning the running events, long jump, shot putt and javelin. Defending / attacking in cricket.</p> <p>Banding: Step 5-9</p> <p>Progression Area: Developing as an individual.</p>
Schedule F	<p>Title: UAS Rugby</p> <p>Context: Learning how to place yourself safely to make a tackle on a static tackle shield.</p> <p>Banding: Step 6-10</p> <p>Progression Area: How to tackle safely</p>	<p>Title: UAS Football</p> <p>Context: Passing &amp; shooting with accuracy. How to defend / attack.</p> <p>Banding: Step 6-10</p> <p>Progression Area: Accuracy when striking a ball</p>	<p>Title: UAS Fitness</p> <p>Context: Complete a training programme. Understand how the body works. Use equipment safely.</p> <p>Banding: Step 6-10</p> <p>Progression Area: Understand how our body works when exercising</p>	<p>Title: UAS Basketball</p> <p>Context: Passing &amp; shooting with accuracy. How to defend / attack</p> <p>Banding: Step 6-10</p> <p>Progression Area: Shooting with accuracy</p>	<p>Title: UAS Net / Wall Games</p> <p>Context: Striking an object with some accuracy. Fielding and attacking. The different variety of sports available.</p> <p>Banding: Step 6-10</p> <p>Progression Area: Accuracy when striking a ball</p>	<p>Title: UAS Athletics / Cricket</p> <p>Context: Short and long distance running. The different field events. Striking in cricket and the different rules.</p> <p>Banding: Step 6-10</p> <p>Progression Area: Exploring the different field events</p>
Schedule G	<p>Title: UAS Rugby</p> <p>Context: Learning about kicking in rugby. Learning about rucks, mauls and the basics of a break down.</p> <p>Banding: Step 7-11</p> <p>Progression Area: Kicking in rugby</p>	<p>Title: UAS Football</p> <p>Context: Learn the positions within football. Advanced attacking and defending.</p> <p>Banding: Step 7-11</p> <p>Progression Area: Positioning in football</p>	<p>Title: UAS Fitness</p> <p>Context: Complete an advanced training programme. Understand how the body work. Use equipment safely.</p> <p>Banding: Step 7-11</p> <p>Progression Area: Complete a training programme</p>	<p>Title: UAS Basketball</p> <p>Context: Learn the positions within basketball. Advanced attacking and defending.</p> <p>Banding: Step 7-11</p> <p>Progression Area: Exploring the different positions in basketball</p>	<p>Title: UAS Net / Wall Games</p> <p>Context: Striking an object with accuracy. Fielding and attacking in a team. The different variety of sports available.</p> <p>Banding: Step 7-11</p> <p>Progression Area: Exploring the different range of sports</p>	<p>Title: UAS Athletics / Cricket</p> <p>Context: Rules in athletics Shot and long distance running. The different field events. Striking in cricket.</p> <p>Banding: Step 7-11</p> <p>Progression Area: Striking a ball in cricket</p>

## Physical Education Schedule RMS Options Stage (KS4)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Half-Term block	Notes: Each Half-Term block represents approximately 6 lessons (45 minutes each) over 6-7 weeks.					
ASDAN Schedule	<p>Title: Module 1—Sports Participation</p> <p>Context: Taking part in individual and team sports, indoors and outdoors. Learn about the levels of participation.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Improving your attributes within a team situation.</p>	<p>Title: Module 1—Sports Participation</p> <p>Context: Taking part in individual and team sports, indoors and outdoors. Learn about the levels of participation.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Improving your attributes within a team situation.</p>	<p>Title: Module 1—Sports Participation</p> <p>Context: Taking part in individual and team sports, indoors and outdoors. Learn about the levels of participation.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Improving your attributes within a team situation.</p>	<p>Title: Module 2—Health, Fitness and Nutrition.</p> <p>Context: Devise and work through a training programme. Learn about injuries and a balanced diet.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of how our body works during exercise.</p>	<p>Title: Module 2—Health, Fitness and Nutrition.</p> <p>Context: Devise and work through a training programme. Learn about injuries and a balanced diet.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of how our body works during exercise.</p>	<p>Title: Module 2—Health, Fitness and Nutrition.</p> <p>Context: Devise and work through a training programme. Learn about injuries and a balanced diet.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of how our body works during exercise.</p>
	<p>Title: Module 5—Coaching and officiating</p> <p>Context: Learn the rules of a sport of your choice. Work towards a sports leader course.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of a sport of your choice.</p>	<p>Title: Module 5—Coaching and officiating</p> <p>Context: Learn the rules of a sport of your choice. Work towards a sports leader course.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of a sport of your choice.</p>	<p>Title: Module 5—Coaching and officiating</p> <p>Context: Learn the rules of a sport of your choice. Work towards a sports leader course.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of a sport of your choice.</p>	<p>Title: Module 7—Working in Sport</p> <p>Context: What jobs are their in sport and what skills, qualities and qualifications do you need for these jobs.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Developing attributes that are desired to work within sport.</p>	<p>Title: Module 7—Working in Sport</p> <p>Context: What jobs are their in sport and what skills, qualities and qualifications do you need for these jobs.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Developing attributes that are desired to work within sport.</p>	<p>Title: Module 7—Working in Sport</p> <p>Context: What jobs are their in sport and what skills, qualities and qualifications do you need for these jobs.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Developing attributes that are desired to work within sport.</p>
BTEC Schedule	<p>Title: Unit 4 Taking Part in Sport</p> <p>Context: Explore a wide range of team and individual sports, focussing on rules, techniques and fair play.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Develop overall understanding of playing different sports.</p>	<p>Title: Unit 4 Taking Part in Sport</p> <p>Context: Explore a wide range of team and individual sports, focussing on rules, techniques and fair play.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Develop overall understanding of playing different sports.</p>	<p>Title: Unit 4 Taking Part in Sport</p> <p>Context: Explore a wide range of team and individual sports, focussing on rules, techniques and fair play.</p> <p>Banding: Step 9-11</p> <p>Progression Area: Develop overall understanding of playing different sports.</p>	<p>Title: Unit 10 Taking Part in Exercise and Fitness</p> <p>Context: You will be introduced into a range of classes and exercises that can help form a healthy and active lifestyle.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of how our body works during exercise.</p>	<p>Title: Unit 10 Taking Part in Exercise and Fitness</p> <p>Context: You will be introduced into a range of classes and exercises that can help form a healthy and active lifestyle.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of how our body works during exercise.</p>	<p>Title: Unit 10 Taking Part in Exercise and Fitness</p> <p>Context: You will be introduced into a range of classes and exercises that can help form a healthy and active lifestyle.</p> <p>Banding: Step 9-11</p> <p>Progression Area: In depth knowledge of how our body works during exercise.</p>
	<p>Title: Unit 17 Job Opportunities in Sport and Active Leisure.</p> <p>Context: You will develop your knowledge about the types of job and the roles needed for this sector.</p> <p>Banding: Step 10-11</p> <p>Progression Area: Developing attributes that are desired to work within sport.</p>	<p>Title: Unit 17 Job Opportunities in Sport and Active Leisure.</p> <p>Context: You will develop your knowledge about the types of job and the roles needed for this sector.</p> <p>Banding: Step 10-11</p> <p>Progression Area: Developing attributes that are desired to work within sport.</p>	<p>Title: Unit 17 Job Opportunities in Sport and Active Leisure.</p> <p>Context: You will develop your knowledge about the types of job and the roles needed for this sector.</p> <p>Banding: Step 10-11</p> <p>Progression Area: Developing attributes that are desired to work within sport.</p>	<p>Title: Unit 16 Working in a team</p> <p>Context: You will learn how to become an effective member of a team. Identifying the skills and responsibilities.</p> <p>Banding: Step 10-11</p> <p>Progression Area: Improving the skills needed to effectively work in a team.</p>	<p>Title: Unit 16 Working in a Team</p> <p>Context: You will learn how to become an effective member of a team. Identifying the skills and responsibilities.</p> <p>Banding: Step 10-11</p> <p>Progression Area: Improving the skills needed to effectively work in a team.</p>	<p>Title: Unit 16 Working in a Team</p> <p>Context: You will learn how to become an effective member of a team. Identifying the skills and responsibilities.</p> <p>Banding: Step 10-11</p> <p>Progression Area: Improving the skills needed to effectively work in a team.</p>