St Thomas More RC College



Long-Term Plan – Introduce Fundamental Skills and Knowledge

	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
e	Athletic Fitness tests	Volleyball	Volleyball	Badminton	Athletics	Cricket
d o ed:	Skills – game, net	Trampolining	Trampolining	Gym 2	Athletics	Rounders
cs t /ere	and wall, strike and	Table-Tennis	Table-Tennis	HRF 2	Athletics	Boxing
Topics to be covered:	field, gymnastics, athletics					
		Dig Set Volley Rules	Dig Set Rules	Serve Clear	Sprint	Batting Bowling
ed ::		Shapes Turns Seat	Shapes Turns Seat	Rolls Balances	techniques	Throwing Catching
ope		drop	drop	Sequences	Pacing	Hitting
Skills to be developed:		Push Rallying	Push Rally	ROPHA	Jumping	Punch technique
de		Serving	Serving Footwork	Circuit		Jab/straight/hook/U-C
				Continuous		Footwork Roll/Slip
4	Baseline	Every 6 th lesson pupil's				
len Jg	assessments	pupil's complete	pupil's complete	pupil's complete	pupil's complete	complete assessment
Key assessment s taking		assessment booklet	assessment booklet	assessment booklet	assessment booklet	booklet
	Improving skills	Rally Pass Volley	Rally Pass Volley	Serve Rally Clear	Explosion	Bowling Delivery
	Developing	Posture Tension	Posture Tension	Tension Fluency	Co-ordination	Overarm Hitting straigh
a	Techniques	Extension Height	Extension Height	Extension	Sprint	Bases Back stop
) ca		Clearance	Clearance	Exertion Heart	Hop Skip	Combinations
Key vocab		Shapes	Shapes	rate	Take off	Swivel Rotates
Ke Ke		Backhand Forehand	Backhand Forehand	Intensity	Flight	Centre line
		Footwork Control	Footwork Control			
Opportur	nities for retrieval pract	ice:		•	•	•
	cal lessons will have a do		based on a skill that the	y have been taught la	ast lesson. This is an	opportunity to re-cap
			with assessment bookle			

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
	e	Badminton	Volleyball	Volleyball	Badminton 2	Athletics	Cricket
	Topics to be	Football	Trampolining	Trampolining	Netball	Athletics	Rounders
	τĭ	Gym	Table-Tennis	Table-Tennis	HRF 2	Athletics	Boxing
		Under/Over Clears	Dig/set/Spike	Dig/set/Spike	Under/Over Clears	Shot	Forward drive pull
	bed	Drop shot	Serving	Serving	Drop shot	Long Jump	shot pace bowling
	Skills to be developed:	Passing Moving	Seat drop back drop	Seat drop back	Footwork	Technique	Throwing long
	eve	Control	Front drop swivel hips	drop	fundamentals	Pacing	Hitting on
	e G	Acro-gymnastics	Top Spins Back Spin	Front drop swivel	Passing and		time/Late/early
	ă c	Counter Balance	Drive	hips	Receiving		Combinations
	ls to	Counter Tension		Top Spins Back	Interval – HIIT		Blocking Parrying
	skil			Spin Drive	Aerobic/Anaerobic		Slip Rolls on move
	0)				Training		
	e	Every 6 th lesson pupil's	Every 6 th lesson pupil's	Every 6 th lesson			
∞	Key assessme	complete assessment	complete assessment	pupil's complete	pupil's complete	pupil's complete	pupil's complete
Year 8	Ke Sse:	booklet	booklet	assessment	assessment booklet	assessment	assessment
≻ [ä			booklet		booklet	booklet
		Flick and push	Digging Setting	Digging Setting	Flick and push	Chin/Knee/Toe	Pace Spin Drive
		Follow through	Passing Serving	Spiking Serving	Follow through	Drive hips	Block Pull
	0	Extension	Centre Travelling	Centre Travelling	Extension	Open shoulders	Timing hand eye-
	cat	Strike Touch inside	Fluency Twist	Fluency	Ball handling	Distribute energy	coordination
	0	and outside foot	Top spin and Chop	Top spin and Chop	Clearing Feinting	Fatigue	Speed agility
	Key vocab	Balance Extension	Drive Cross Court	Drive	Respiratory rate	Body sync and	quickness
	_	Tension			Cardio vascular	mind	
					Peripheral heart		
					action		
	<u>Opport</u>	tunities for retrieval pract	ice:				
	•	ctical lessons will have a d					
		ast lessons learning. Also le				ack at their learning ir	the activity and
	discuss	sions take place with teach	ner to determine methods	s to improve performa	ance.		

Long-Term Plan – Embedding Skills into competitive situations

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
	e C	Badminton	Volleyball	Volleyball	Badminton 2	Athletics	Cricket
	Topics to be	Football	Trampolining	Trampolining	Netball	Athletics	Rounders
	чц т	Gym	Table-Tennis	Table-Tennis	HRF 2	Athletics	Outside Activities
		Smash/Drive/Net	Blocking Passing	Blocking Passing	Smash/Drive/Net	Discus	Cut shot hook shot
		Turning Shooting	Rotation 3 touch rallies	Rotation 3 touch rallies	Marking Dodging	High Jump	leg/off side
	be:	Heading	Half/Full twist Jump	Half/Full twist Jump	Rebounding	Relay racing	Running bases
	Skills to be developed:	Flight Gymnastics	Cradle Roller Somersault	Cradle Roller	Movement	Baton change	Striking ball
	ills vel		Front Back	Somersault Front Back	Weight resistance		Timing
	sk de		Swerve/Drive/	Swerve/Drive/	Body resistance		Endurance Speed
			Counter	Counter	Plyometric		Power Co-
							ordination
	ы	Every 6 th lesson	Every 6 th lesson pupil's	Every 6 th lesson pupil's	Every 6 th lesson	Every 6 th lesson	Every 6 th lesson
	Key assessme	pupil's complete	complete assessment	complete assessment	pupil's complete	pupil's complete	pupil's complete
-	Sse K	assessment booklet	booklet	booklet	assessment	assessment	assessment
Year 9	ä				booklet	booklet	booklet
Ye		Power fast wrist	Blocking and Dinking	Blocking and Dinking	Power fast wrist	Rotation Low to	Batting technique
		action follow	Control Height Sliding	Control Height Sliding	action follow	High Hip Spin	Cut/pull/hook
		through Deft	Rotation	Rotation	through Deft	Explosive Fosbury	Speed Timing
	0	Balance Touch	Aesthetically pleasing	Aesthetically pleasing	Repossession,	flop Approach take	Judgement
	Key vocab	Control	Consistent height	Consistent height	Intercepting,	off bar rotation	Tactics
	07 /	Swivel transferal of	Slice Swerve Power	Slice Swerve Power	Covering, Delaying	Acceleration	Endurance Speed
	Key	weigh control	Control Smash Loop	Control Smash Loop	holding space	Timing upsweep	Power Co-
	_	balance			Set Reps Strength	down sweep	ordination
					Power Explosion		
					Anaerobic/aerobic		
-							
	••	unities for retrieval pr					
			a do now task that will be ba				
		_	o lesson 6 is a MAD lesson v			ck at their learning in	the activity and
	discussi	ons take place with te	acher to determine method	s to improve performance	2.		

Long-Term Plan – Applying and Developing Skills in challenging situations

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
	si a bi	B Bad / Foot / HRF	B Volleyball / Tramp	B T-T	MU Leadership	MU Athletics	Cricket
	Topics to be covered:	G Net / Bad / HRF	G T-T / Volleyball	G Tramp	B Rugby	B Athletics	Rounders
		ML Alt / HRF/ Bad	M Tramp / T-T	M Volleyball	G Netball	G Athletics	Boxing
ar 10	Skills to be developed:	Under/Over Clears Drop shot Passing Moving Control Interval – HIIT Aerobic/Anaerobic Training Interval – HIIT Aerobic/Anaerobic Training Footwork fundamentals	Dig/set/Spike Serving Seat drop back drop Front drop swivel hips Top spin and Chop Drive Cross Court	Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/ Counter	CNat Sport Leadership Criteria Passing Tackling Rucking Mauling Footwork fundamentals Passing and Receiving	Sprint techniques Pacing Shot Long Triple Jump Technique	Forward drive pull shot pace bowling Throwing long Hitting on time/Late/early Combinations Blocking Parrying Slip Rolls on move
Year	Key assessments taking place:	Passing and Receiving Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet
	Key vocab	Flick and push Follow through Extension Strike Touch inside and outside foot Respiratory rate Cardio vascular Peripheral heart action	Digging Setting Spiking Serving Centre Travelling Fluency Top spin and Chop Drive	Digging Setting Spiking Serving Centre Travelling Fluency Top spin and Chop Drive	Progression Skill Technique Engaging Scrum Contact Offside Ball handling Clearing Feinting	Chin/Knee/Toe Drive hips Open shoulders Distribute energy Fatigue Body sync and mind	Pace Spin Drive Block Pull Timing hand eye- coordination Speed agility quickness

Long-Term Plan – Upper mix after Feb half term (GCSE/CNat Sport – Teacher with group takes lead), Boys and Girls

Respiratory rate				
Cardio vascular				
Peripheral heart				
action				
Ball handling				
Clearing Feinting				
Opportunities for retrieval practice:	•	1		
All practical lessons will have a do now task that	will be based on a skill	that they have been ta	ught last lesson. This	is an opportunity to re-cap
from last lessons learning. Also lesson 6 is a MAD		-	-	
discussions take place with teacher to determine	methods to improve p	performance.		

Long-Term Plan

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 11	Skills to be developed: Topics to be covered:	B Bad / Foot / HRF G Net / Bad / HRF ML Alt / HRF/ Bad Smash/Drive/Net Turning Shooting Heading Marking Dodging Rebounding Movement Endurance Speed Power Co-ordination Weight resistance Body resistance Plyometric	B Volleyball / Tramp G T-T / Volleyball M Tramp / T-T Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/Chop	B T-T G Tramp M Volleyball Blocking Passing Rotation 3 touch rallies Half/Full twist Jump Cradle Roller Somersault Front Back Swerve/Drive/Chop	MU Bad B Rugby G Netball Smash/Drive/Net Passing Tackling Rucking Mauling Marking Dodging Rebounding Movement	B CricketG RoundersM BoxingForward drive pull shotpace bowlingThrowing longHitting on time/Late/earlyCombinationsBlocking ParryingSlip Rolls on move	

× v o	Every 6 th lesson pupil's	Every 6 th lesson	Every 6 th lesson	Every 6 th lesson pupil's	Every 6 th lesson pupil's
	complete assessment	pupil's complete	pupil's complete	complete assessment	complete assessment
	booklet	assessment booklet	assessment booklet	booklet	booklet
Key vocab	Power fast wrist action follow through Deft Balance Touch Control Repossession, Intercepting, Covering Set Reps Strength Power Explosion Anaerobic/aerobic g, Delaying holding space Endurance Speed Power Co-ordination	Blocking and Dinking Control Height Sliding Rotation Aesthetically pleasing Consistent height Slice Swerve Power Control Smash Loop	Blocking and Dinking Control Height Sliding Rotation Aesthetically pleasing Consistent height Slice Swerve Power Control Smash Loop	Power fast wrist action follow through Deft Scrum Contact Offside Repossession, Intercepting, Covering, Delaying holding space	Pace Spin Drive Block Pull Timing hand eye- coordination Speed agility quickness