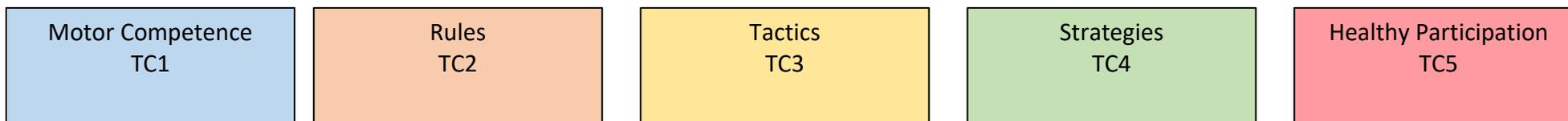


Long Term Plans: Physical Education

Threshold concepts



Within our curriculum design, we have carefully considered how to sequence and interleave the threshold concepts within our subjects so that students are able to build and develop secure schema over time. The table below shows how we have mapped our threshold concepts throughout our Physical Education curriculum

Year 7

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
4/9/23	11/9/23	18/9/23	25/9/23	2/10/23	9/10/23	16/10/23	6/11/23	13/11/23	20/11/23	27/11/23	4/12/23	11/12/23
Netball Badminton Football Gymnastics	Gym Football Badminton Rugby	Gym Football Badminton Rugby	Gym Football Badminton Rugby									
<i>What is ready position?</i>	<i>Fundamental movement skills?</i>	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	<i>Decision making?</i>	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	<i>What is ready position?</i>	<i>Fundamental movement skills?</i>	<i>Movement proficiency ?</i>

	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 1
Cycle 2: [NAME UNIT HERE]	18/12/23	8/1/24	15/1/24	22/1/24	29/1/24	5/2/24	19/2/24	26/2/24	4/3/24	11/3/24	18/3/24	25/3/24	15/4/24
	Gym Football Badminton Rugby	Basketball Hockey Basketball Hockey	Basketball Hockey Basketball Hockey	Basketball Hockey Basketball Hockey	Basketball Hockey Basketball Hockey	Basketball Hockey Basketball Hockey							
	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?

	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 3: [NAME UNIT HERE]	22/4/24	29/4/24	6/5/24	13/5/24	20/5/24	27/5/24	10/6/24	17/6/24	24/6/24	1/7/24	8/7/24	15/7/24	
	Basketball Hockey Basketball Hockey	Basketball Hockey Basketball Hockey	Basketball Hockey Basketball Hockey	Basketball Hockey Basketball Hockey	Athletics Rounders Cricket Athletics								
	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	

Year 8

	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Week 1													
	4/9/23	11/9/23	18/9/23	<i>25/9/23</i>	2/10/23	9/10/23	16/10/23	6/11/23	13/11/23	20/11/23	27/11/23	4/12/23	11/12/23
	Netball Badminton Football Gymnastics	Gym Football Badminton Rugby	Gym Football Badminton Rugby	Gym Football Badminton Rugby									
	<i>What is ready position?</i>	<i>Fundamental movement skills?</i>	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	<i>Decision making?</i>	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	<i>What is ready position?</i>	<i>Fundamental movement skills?</i>	<i>Movement proficiency ?</i>

	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 1
Cycle 2: [NAME UNIT HERE]	18/12/23	8/1/24	15/1/24	22/1/24	29/1/24	5/2/24	19/2/24	26/2/24	4/3/24	11/3/24	18/3/24	25/3/24	15/4/24
	Gym Football Badminton Rugby	Team building Fitness Team building Fitness											
	Developing a growth mindset?	Developing tactical understanding?	<i>Decision making?</i>	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	<i>What is ready position?</i>	<i>Fundamental movement skills?</i>	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	<i>Decision making?</i>

	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 3: [NAME UNIT HERE]	22/4/24	29/4/24	6/5/24	13/5/24	20/5/24	27/5/24	10/6/24	17/6/24	24/6/24	1/7/24	8/7/24	15/7/24	
	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Athletics Rounders Cricket Athletics	Intervention							
	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	<i>What is ready position?</i>	<i>Fundamental movement skills?</i>	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	<i>Decision making?</i>	Why do we have Rules?	Positive team player?	

	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
	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	

Year 10

Cycle 1: Badminton Netball FootballGymnastics	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
	4/9/23	11/9/23	18/9/23	<i>25/9/23</i>	2/10/23	9/10/23	16/10/23	6/11/23	13/11/23	20/11/23	27/11/23	4/12/23	11/12/23
	Netball Badminton Football Table tennis	Table tennis Football Badminton Football	Table tennis Football Badminton Football										
	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>

	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 1
	18/12/23	<i>8/1/24</i>	<i>15/1/24</i>	<i>22/1/24</i>	<i>29/1/24</i>	<i>5/2/24</i>	<i>19/2/24</i>	26/2/24	4/3/24	<i>11/3/24</i>	<i>18/3/24</i>	<i>25/3/24</i>	<i>15/4/24</i>
Cycle 2: [NAME UNIT HERE]	Table tennis Football Badminton Football	Team building Fitness Team building Fitness											
	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?

	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 3: [NAME UNIT]	22/4/24	<i>29/4/24</i>	<i>6/5/24</i>	<i>13/5/24</i>	<i>20/5/24</i>	<i>27/5/24</i>	<i>10/6/24</i>	<i>17/6/24</i>	24/6/24	<i>1/7/24</i>	<i>8/7/24</i>	<i>15/7/24</i>	

	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
	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Athletics Rounders Cricket Athletics	Intervention							
	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	

Year 11

Cycle 1: Badminton Netball FootballGymnastics	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	
	4/9/23	11/9/23	18/9/23	25/9/23	2/10/23	9/10/23	16/10/23	6/11/23	13/11/23	20/11/23	27/11/23	4/12/23	11/12/23	
Netball Badminton Football Table tennis	Badminton Netball Table tennis Football	Badminton Netball Table tennis Football	Badminton Netball Table tennis Football											
	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	

	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 1
	18/12/23	8/1/24	15/1/24	22/1/24	29/1/24	5/2/24	19/2/24	26/2/24	4/3/24	11/3/24	18/3/24	25/3/24	15/4/24
Cycle 2: [NAME UNIT HERE]	Badminton Netball Table tennis Football	Team building Fitness Team building Fitness Team building Fitness											
	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?

	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 3: [NAME UNIT HERE]	22/4/24	29/4/24	6/5/24	13/5/24	20/5/24	27/5/24	10/6/24	17/6/24	24/6/24	1/7/24	8/7/24	15/7/24		
	Team building Fitness Team building Team building Fitness	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Team building Fitness Team building Fitness	Athletics Rounders Cricket Athletics	Intervention								
	Why do we have Rules?	Positive team player?	Active healthy lifestyles?	Why is knowledge important?	What is ready position?	Fundamental movement skills?	<i>Movement proficiency ?</i>	Developing a growth mindset?	Developing tactical understanding?	Decision making?	Why do we have Rules?	Positive team player?		