



Belmont School

LONG TERM PLAN FOR KS3 and 4

September 2022 – 2023

Subject: Active Skills

Subject Co-ordinator : P.Shand

Teachers delivering subject: PS

Belmont Theme/Topic

| Year Group | TERM 1 | TERM 2 | TERM 3 | TERM 4 | TERM 5 | TERM 6 |
|---------------------|--|--|--|---|--|---|
| Class G and Class H | <u>Team Skills</u> Games skills <u>Movement Skills</u> Jasmine Real PE Y4 | <u>Team Skills</u> Football Skills <u>Movement Skills</u> Jasmine Real PE Y4 | <u>Team Skills</u> Tag Rugby skills <u>Movement Skills</u> Jasmine Real PE Y4 | <u>Team Skills</u> Basketball / Hockey Skills <u>Movement Skills</u> Jasmine Real PE Y4 | <u>Team Skills</u> Rounders / Short Tennis <u>Movement Skills</u> Jasmine Real PE Y4 | <u>Team Skills</u> Cricket / Athletics <u>Movement Skills</u> Jasmine Real PE Y4 |
| | <u>Movement Skills</u> Ibexes Jasmine Real PE Y4 Llamas Jasmine Real PE Y5/6 <u>Team Skills</u> Football Gymnastics | <u>Movement Skills</u> Ibexes Jasmine Real PE Y4 Llamas Jasmine Real PE Y5/6 <u>Team Skills</u> Tag Rugby SAQ pairs | <u>Movement Skills</u> Ibexes Jasmine Real PE Y4 Llamas Jasmine Real PE Y5/6 <u>Team Skills</u> Hockey Boccia | <u>Movement Skills</u> Ibexes Jasmine Real PE Y4 Llamas Jasmine Real PE Y5/6 <u>Team Skills</u> Football Indoor rowing | <u>Movement Skills</u> Ibexes Jasmine Real PE Y4 Llamas Jasmine Real PE Y5/6 <u>Team Skills</u> Rounders | <u>Movement Skills</u> Ibexes Jasmine Real PE Y4 Llamas Jasmine Real PE Y5/6 <u>Team Skills</u> Cricket Short Tennis |

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|---------------------|--|---|--|--|---|--|
| Class L and Class M | <u>Team Skills</u> Games skills <u>Movement Skills</u> Jasmine Real PE Y3 | <u>Team Skills</u> Football Skills <u>Movement Skills</u> Jasmine Real PE Y3 | <u>Team Skills</u> Basketball / Hockey Skills <u>Movement Skills</u> Jasmine Real PE Y3 | <u>Team Skills</u> Basketball / Hockey Skills <u>Movement Skills</u> Jasmine Real PE Y3 | <u>Team Skills</u> Rounders / Short Tennis <u>Movement Skills</u> Jasmine Real PE Y3 | <u>Team Skills</u> Cricket / Athletics <u>Movement Skills</u> Jasmine Real PE Y3 |
| Class N and Class O | <u>Games Skills</u> Table tennis / Hockey <u>Movement Skills</u> Jasmine Real PE Y5/6 | <u>HRF</u> Indoor Rowing <u>Movement Skills</u> Jasmine Real PE Y5/6 | <u>Games Skills</u> Boccia / Tag Rugby <u>Movement Skills</u> Jasmine Real PE Y5/6 | <u>HRF</u> Circuit training <u>Movement Skills</u> Jasmine Real PE Y5/6 | <u>Individual Skills</u> Athletics <u>Movement Skills</u> Jasmine Real PE Y5/6 | <u>Individual Skills</u> OAA / Short Tennis <u>Movement Skills</u> Jasmine Real PE Y5/6 |
| Class P | <u>HRF</u> Indoor Rowing <u>Team Skills</u> Football | <u>Individual Skills</u> Boccia <u>Team skills</u> Tag Rugby | <u>Individual Skills</u> Trampolining <u>Team Skills</u> Hockey | <u>Individual Skills</u> Table tennis <u>Team Skills</u> Basketball | <u>Team Skills</u> Cricket / Short Tennis <u>Team Skills</u> Rounders / Athletics | <u>Team Skills</u> <u>Individual Skills</u> |
| Class Q | <u>Individual Skills</u> Boccia Jasmine Real PE Y4 | <u>Individual Skills</u> Table tennis Jasmine Real PE Y4 | <u>HRF</u> Circuit training Jasmine Real PE Y4 | <u>Individual Skills</u> Trampolining Jasmine Real PE Y4 | <u>Team Skills</u> Hockey / Short Tennis Rounders / Athletics Jasmine Real PE Y4 | NB Jasmine Real PE Will probably not be taught |