DIXONS TRINITY ACADEMY

Year 7 Long Term Plan

	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09	W/C 30/10 A	W/C 07/10 B	W/C 14/10 Δ	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
1	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08			•			C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
Cycle		Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
		Netball	Netball	Netball	Netball	Netball	Netball	Netball	Handball	Handball	Handball	Handball	Handball
	W/C 9/12	W/C 16/12	W/C 06/01	W/C 13/01	W/C 20/01	W/C 27/01	W/C 03/02	W/C 10/02	W/C 24/02	W/C 03/03	W/C 10/03	W/C 17/03	W/C 24/03
2	A	В	A Term 3	В	A	В	C2 Assessments (reporting years 7 and 10)	B C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	B Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	A Share Results	В	A
Cycle	Gymnastics	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball
	Handball	Badminton	Badminton	Badminton	Badminton	Badminton	Badminton	OAA	OAA	OAA	OAA	OAA	OAA
	W/C 31/03	W/C 21/04	W/C 28/04	W/C 05/05	W/C 12/05	W/C 19/05	W/C 02/06	W/C 09/06	W/C 16/06	W/C 23/06	W/C 30/06	W/C 07/07	W/C 14/07
	В	Α	В	Α	В	Α	В	Α	В	Α	В	Α	В
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
Cycle 3							06/06 Possible Eid	C3 Assessments	C3 Assessments				
							C3 Assessments						
	Dance Pickleball	Dance	Dance	Dance	Dance	Dance	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
		Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket

DIXONS TRINITY ACADEMY

Year 8 Long Term Plan

	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
1	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
Cycle		Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
		Netball	Netball	Netball	Netball	Netball	Netball	Netball	Handball	Handball	Handball	Handball	Handball
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
2			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		
Cycle	Gymnastics	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball
	Handball	Badminton	Badminton	Badminton	Badminton	Badminton	Badminton	OAA	OAA	OAA	OAA	OAA	OAA
	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
Cycle 3							06/06 Possible Eid	C3 Assessments	C3 Assessments				
	Dance Pickleball	Dance	Dance	Dance	Dance	Dance	C3 Assessments Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
	rickiebali	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket

Year 9 Long Term Plan



Options PE 2024 - 2025

Year 9 Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	₩ æ lkን	₩ eel k8	W eel k9	₩ æ k40	₩ ₽₽ k1111	₩ ₽₽ 4к1 <u>2</u> 2	W red k1 3 3
	₩/E 36/88	W/E 82/83	W/E3/83	W/618/83	W/c23/89	₩/ c3 ₩/48	W/c ₈ 7//M	₩/ c ¼/₩	₩Æ % /Ή	₩/ c 11//1₁	₩/c <u>18/</u> /11	₩/ /c25 {/l₁	₩/c <mark>03/</mark> 12
e 1	Term 1 Term 1 Bank Holiday Bank Holiday Bank Holiday Bank Holiday (26/08) Staff Data Pianfilla 19-8/s 17-708 & 28/08						C1 Assessments (rEpd)វាតិខ្មែរមុខអូមិន (repogringsyears 8 and 9)	C1 Assessments C1 Assessments (reporting years 8 (reporting years 8 and 9)	Term 2 Term 2 Data Input 1 Detay Angut 1 (04/11)*	Data Day (14/11) Data Day (14/11) Planning Day Plenying Day (15/11) Potential weeks Potential weeks Examinations	Share Results Share Results Potential weeks Potential weeks Potential weeks Potential weeks Potential weeks Examinations	Potential weeks Potentialweeks Examinations Examinations	Mock Data Input Mock Data Input (06/12)
Cycl © ¢cle	Theme	Components of Movements	CAthletic Movements	Components of Moments	Components of Movements	Components of Movements	Components of Movements	Components of Movements	Gymporehics of Fitness	Gymnastics of Fitness	Components of Fitness	Components of Fitness	Components of Fitness
6	L1: Theory	Relationship between health and fitness	Agility	Balance	Body Composition	Cardiovascular Endurance	Coordination	Mini Test	Flexibility Handball	Muscular Endurance Handball	Handball	Reaction Time Handball	Speed Handball
	L2: Practical	Netball	Netball	Netball	Netball	Netball	Netball	Netball Review/DIRT					
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
			Term 3				C2 Assessments	C2 Assessments	Term 4	Data Day (06/03)	Share Results		
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	(rewy/ch039/02 ⁷ and 10) A	(re W/@10/02 7 and 6 0)	W/: Or 24/02 (24/ <mark>A</mark> 3)	₩/@r@3/03 (07/ <mark>@</mark> 3)	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
7			Term 3				C2 Assessments	C2 Assessments	Term 4	Data Input (Year Data Day/06/03)	Share Results		
Cycle	Gymnastics	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	(reporting years 7 Tag Rugby	(reporting years 7 Basketloall	Data Imput 2 Ba \$¥t√9b)all	Baske/kl3all Data Input (Year 11) (07/03)	Basketball	Basketball	Basketball
Cycle 2	Components of Hamdball	Badminton Components of Fitness	Badminton Components of Fitness	Badminton Principles of Training	Badminton Principles of Training	Badminton Exercise Intensities	Badminton Exercise Intensities	OAA	OAA Mini Test	OAA Fitness Testing	OAA Fitness Testing	OAA	OAA Fitness Testing
5	Strength	Extended Assessment	Review/DIRT	S, PO, R, V, A, RR, ID	FITT	Intensities and target zones	Borg Scale and Technology	Mini Test	Mini Test	Reasons and Limitations	Administration procedures	Fitness Testing Practical	Cardiovascular Endurance
	W/C 31/03 B	W/C 21/04 A	W/C 28/04 Badminton	W/C 05/05 Badminton	W/C 12/05 Badrainton	W/C 19/05 Badminton	W/C 02/06 Badminton	₩ ⊌ √€0<i>9</i> ७०€т А	VR¢∕de<u>r</u>vd∤di ®T B	W/C 23/06 BadAinton	W/C 30/06 BadBinton	W/C 07/07 A	W/C 14/07 TeSting
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
Cycle 3	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 06/06 Possible Eid B	^c ₩/c 09/06 A	^C W/C16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
							C3 Assessments						
	Dance	Dance	Dance	Dance	Dance	Dance	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket

	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations*	GCSE Examinations* C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
₆							06/06 Possible Eid C3 Assessments						
Cycle 3	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing	Fitness Testing	Training Methods	Training Methods	Training Methods	Training Methods	Training Methods	End of Term
	Muscular Endurance	Flexibility , balance and Body Composition	Strength and power	Agility and speed	Coordination and reaction time	Interpreting Data Assessment	DIRT	Warm up, cool down,	Cardiovascular Endurance	Flexibility	Muscular Endurance	Strength and Speed	end of Term
	Testing	Testing	Testing	Testing	Testing	Handball		Warm up/Cool Down	Interval Training	Static, PNF	Circuit Training	Free weights, Hill Sprints	

DIXONS TRINITY ACADEMY

Year 10 Long Term Plan

	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
ile 1	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
Cycle		Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements
		Netball	Netball	Netball	Netball	Netball	Netball	Netball	Handball	Handball	Handball	Handball	Handball
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
Cycle 2			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		
∂	Athletic Movements	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball
	Handball	Badminton	Badminton	Badminton	Badminton	Badminton	Badminton	OAA	OAA	OAA	OAA	OAA	OAA
	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)	_	Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations* C3 Assessments	GCSE Examinations* C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
Cycle 3							06/06 Possible Eid C3 Assessments	6 7 100 000 1110 1100 1100 1100 1100 110	CO 7.30000				
٥	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket

BTEC Tech Sport 2024 - 2025

DIXONS TRINITY ACADEMY

Year 10 Long Term Plan

	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08	PSA Released					C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
	Focus	Component 2: Learning aim A	Component 2: Learning aim A	Component 2: Learning aim A	Component 2: Learning aim A	Component 2: Learning aim A	Component 2: Learning aim A	Component 2: Learning aim A	Component 2: Learning aim A	Component 2: Learning aim B	Component 2: Learning aim B	Component 2: Learning aim B	Component 2: Learning aim B
Cycle 1	Content	Agility, Balance, body composition, Flexibility	Introduction to PSA Co-ordination, aerobic endurance,	Flexibility, power, reaction time, speed	Practice Task 1: Component 2	Officials in Sport	Officials in Sport	Rules and Regulations in Sport 1	Rules and Regulations in Sport 3 (practice task 3 – presentation)	Rules and Regulations in Sport 3 (practice task 3 – presentation)	Complete Component 2 PSA	Complete Component 2 PSA	Complete Component 2 PSA
		Learning aim B: Skill development in isolated practice	muscular endurance, strength Component 2 Learning aim B: Skill development and application to competitive scenario	Component 2 Learning aim B: Tactics and decision making in isolated practice	Component 2 Learning aim B: Tactics and decision making in competitive scenarios	Component 2 Learning aim C: Leadership: Drill Planning and delivery	Component 2 Learning aim C: Conditioned games/practice to improve techniques	Component 2 Learning aim C: Planning and delivering drills to improve sporting performance	Component 2 Learning aim C: Session Planning	Component 2 Learning aim C: Session delivery	Component 2 Learning aim C: Session delivery		
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
			Term 3 PSA Released	-		-	C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results	-	
2	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim A	Component 1: Learning aim B	Component 1: Learning aim B	Component 1: Learning aim B	Component 1: Learning aim B
Cycle	Types and providers of sport and PA Component 1 Learning aim C: Planning a warm	Benefits of taking part in different activities Component 1 Learning aim C:	Characteristics of the different sectors and their advantages and disadvantages	Types and needs of participants Component 1 Learning aim C: Adapting a warm	Types and needs of participants Component 1 Learning aim C: Delivering a warm	Barriers to participation Component 1 Learning aim C: Delivering a warm	Barriers to participation Component 1 Learning aim C: Delivering a warm	Addressing barriers to participation Component 1 Learning aim C:	Addressing barriers to participation Component 1 Learning aim C:	Different types of sports clothing and equipment required for participation in sport and physical activity	Different types of sports clothing and equipment required for participation in sport and physical activity	Different types of technology and their benefits to improve sport and physical activity Component 1	Different types of technology and their benefits to improve sport and physical activity Component 1
	ир	Planning a warm up	Component 1 Learning aim C: Adapting a warm up	ир	ир	ир	ир	Delivering a warm up	Delivering a warm up	Component 1 Learning aim C: Delivering a warm up	Component 1 Learning aim C: Delivering a warm up	Learning aim C: Delivering a warm up	Learning aim C: Delivering a warm up

	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
		, , ,					06/06 Possible Eid	C3 Assessments	C3 Assessments				
cle 3		Complete	Complete	Complete			C3 Assessments						
ζ	Component 1: Learning aim B	Component 1 PSA	Component 1 PSA	Component 1 PSA	Component 3: Learning aim A	Component 3: Learning aim A	Component 3: Learning aim A	Component 3: Learning aim A	Component 3: Learning aim A	Component 3: Learning aim A	Component 3: Learning aim A	Component 3: Learning aim A	Component 3: Learning aim A
	The limitations of using technology				Types of Sports Requiring Specific Components of Fitness	Types of Sports Requiring Specific Components of Fitness	Fitness Training Principles	Additional Principles of Training	Exercise Intensity and how it can be measured	Reasons for fitness testing and pre test procedures	Measuring fitness test results, practicality, reliability and	Fitness test methods – Aerobic endurance	Fitness test methods – muscular endurance
	Component 1 Learning aim C: Delivering a warm up										validity		

GCSE PE 2024 - 2025

Year 10 Long Term Plan

	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
⊢	Theme	Exam Question	Chapter 2: Movement	Chapter 2: Movement	Chapter 3: COF's	Chapter 3: COF's	Chapter 3: COF's		Chapter 3	Chapter 3	Chapter 3: Fitness Tests	Chapter 3: Fitness Tests	Chapter 3: Fitness Tests
Cycle	Theory Practical	Chapter 1a and 1b Recovery	Antagonistic muscle pairs	analysis Lever systems	Agility, balance	Cardiovascula r endurance, co-ordination	Flexibility, muscular endurance, Power	Chapter 1, 2, 3 revision Chapter 1,2, 3 test	Reaction time, speed, strength	COF Exam Practice Basketball	Illinois Agility Test, Stork Balance	MSFT	Wall toss test, abdominal curl conditioning
		Methods		Badminton	Badminton	Badminton	Badminton				Handball	Handball	test Handball
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		C
7	Chapter 3: Fitness Tests	Chapter 3: Principles of Training	Chapter 3: Principles of Training					Chapter 4:	Chapter 4:				
Cycle	Vertical jump test, ruler drop test	SPORT	Circuit training,	Interval Training,	Static stretching,	Specific training	Training seasons	Cycle 2 Assessment	Paper 1 DIRT	Paper 1 DIRT	Paper 1 DIRT	Sports Psychology	Sports Psychology
	Handball	Safety Principles	Fartlek training	plyometric training	Weight training	(altitude training)	Warm ups and Cool Downs					Skill and Ability	Classification of Skills

	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
e							06/06 Possible Eid	C3 Assessments	C3 Assessments				
Cycle	Chapter 4: Sports Psychology	Chapter 5: Socio-cultural influences		Chapter 5: Socio-cultural influences	Chapter 5: Socio-cultural influences	Chapter 5: Socio-cultural influences	Chapter 5: Socio-cultural influences	End of Term					
	Goal Setting	Information Processing	Arousal Theory	Arousal Theory	Aggression and Personality	Motivation	Participation by demographic groups	C3 Assessment	Barriers to participation	Commercialisati on and the golden triangle	Technology in sport	Ethical Issues (PEDs and Hooliganism)	

Year 11 Long Term Plan



	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
1 al2/2	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
2		Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Health Based Exercise	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements	Athletic Movements
		Netball	Netball	Netball	Netball	Netball	Netball	Netball	Handball	Handball	Handball	Handball	Handball
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
C also			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		
3	Athletic Movements	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Tag Rugby	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball
	Handball	Badminton	Badminton	Badminton	Badminton	Badminton	Badminton	OAA	OAA	OAA	OAA	OAA	OAA
	W/C 31/03	W/C 21/04	W/C 28/04	W/C 05/05	W/C 12/05	W/C 19/05	W/C 02/06	W/C 09/06	W/C 16/06	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
	В	Α	В	Α	В	Α	В	Α	В				
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*	GCSE Examinations*	GCSE Examinations*	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
							06/06 Possible Eid	C3 Assessments	C3 Assessments				
Cycle 3							C3 Assessments						
	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis	Table Tennis							
	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball							

BTEC Tech Sport 2024 - 2025

DIXONS TRINITY ACADEMY

Year 11 Long Term Plan

	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
le 1	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
Cycle		Fitness Programme Design Gathering information	Training Methods Training Aerobic Endurance and Flexibility	Training Methods Training Muscular Endurance and Strength	Training Methods Training Speed and Power	Training Methods Training Balance, and agility	Effects of long term fitness training Adaptations from flexibility training	Effects of long term fitness training Adaptations from muscular endurance and speed training	Effects of long term fitness training Adaptations from strength and power training	Effects of long term fitness training Extended exam practice	Effects of long term fitness training	DIRT	Components of Fitness Application to Sport
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
le 2		J	Term 3	J	·	J	C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results	5	· ·
Cycle	Training Principles Principles of training and measuring intensity	Reasons and pre- test procedures and Aerobic/muscular endurance tests	Fitness Testing Flexibility, strength, body composition and speed tests	Fitness Testing Co-ordination, power, agility and balance tests	Fitness Testing Reaction time and interpretation of tests	Fitness Testing Warming up and cooling down	Principles of Training and Fitness Tests Assessment	DIRT	Training Methods Co-ordination and reaction time	Provision Public, private and voluntary provision	Motivational Techniques Types of motivation	Motivational Techniques Goal Setting	Components of Fitness, tests and training Revision
	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
Cycle 3	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations* 06/06 Possible Eid C3 Assessments	GCSE Examinations*	GCSE Examinations*	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
	Components of Fitness, tests and training	Components of Fitness, tests and training Revision	Provision, programme design and motivation	Provision, programme design and motivation Revision	Boosters	Boosters							

GCSE PE 2024 - 2025

DIXONS TRINITY ACADEMY

Year 11 Long Term Plan

	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
	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
Cycle 1	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
		Chapter 5c/5b	Recap Chapter 5 Commercialisati on	Chapter 5 Socio cultural influences	Chapter 5 Ethical issues	Chapter 6 Health and fitness	Chapter 6 Sedentary Lifestyle and Obesity	Chapter 6 Somatotypes	Chapter 6 Nutrition	Mock Exam	Chapter 6 Sugar content of drinks	Chapter 2: Planes and Axes	Chapter 2: Levers and Mechanical advantage
	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
2			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		
Cycle	Chapter 8 Identify individual sports/ strengths and weaknesses	Y11 Examinations	Y11 Examinations	Chapter 8 Assessment of activities	Chapter 8 Analysis and evaluation	Chapter 8 Recap of strengths and weaknesses	Revision 1C: Recovery processes Understanding command words	Assessment 2: Antagonistic Muscle Pairs 2: Muscle Contractions	1A:Bones that form joints and location1A:location of muscles and movement at joints	Review Skeletal System Locations, structure and functions Skeletal System Synovial Joints	Revision Cardio respiratory System Pathway of Air and Gaseous Exchange	Revision Cardio respiratory System Mechanics of breathing and lung volumes	Revision Cardiovascular System Blood vessels Cardiovascular System Redistribution of blood
	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
Cycle 3	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)	В	Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations* 06/06 Possible Eid C3 Assessments	GCSE Examinations* C3 Assessments	GCSE Examinations* C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
	Revision Energy Systems Anaerobic exercise and EPOC	Revision Effects of exercise immediate and short term effects of exercise	Revision Planes and Axes	Revision Components of Fitness Link components of fitness to required COF.	Revision Components of Fitness Understand how to measure components of fitness using FT	1B: Cardiovascular system (redistribution of blood)	Revision Cardiovascular System Blood vessels Cardiovascular System	Examinations How to optimize training and prevent injury Understand how to calculate intensities to optimize training	Examinations Boosters	Examinations Boosters			Review

			Redistribution of			
			blood			