

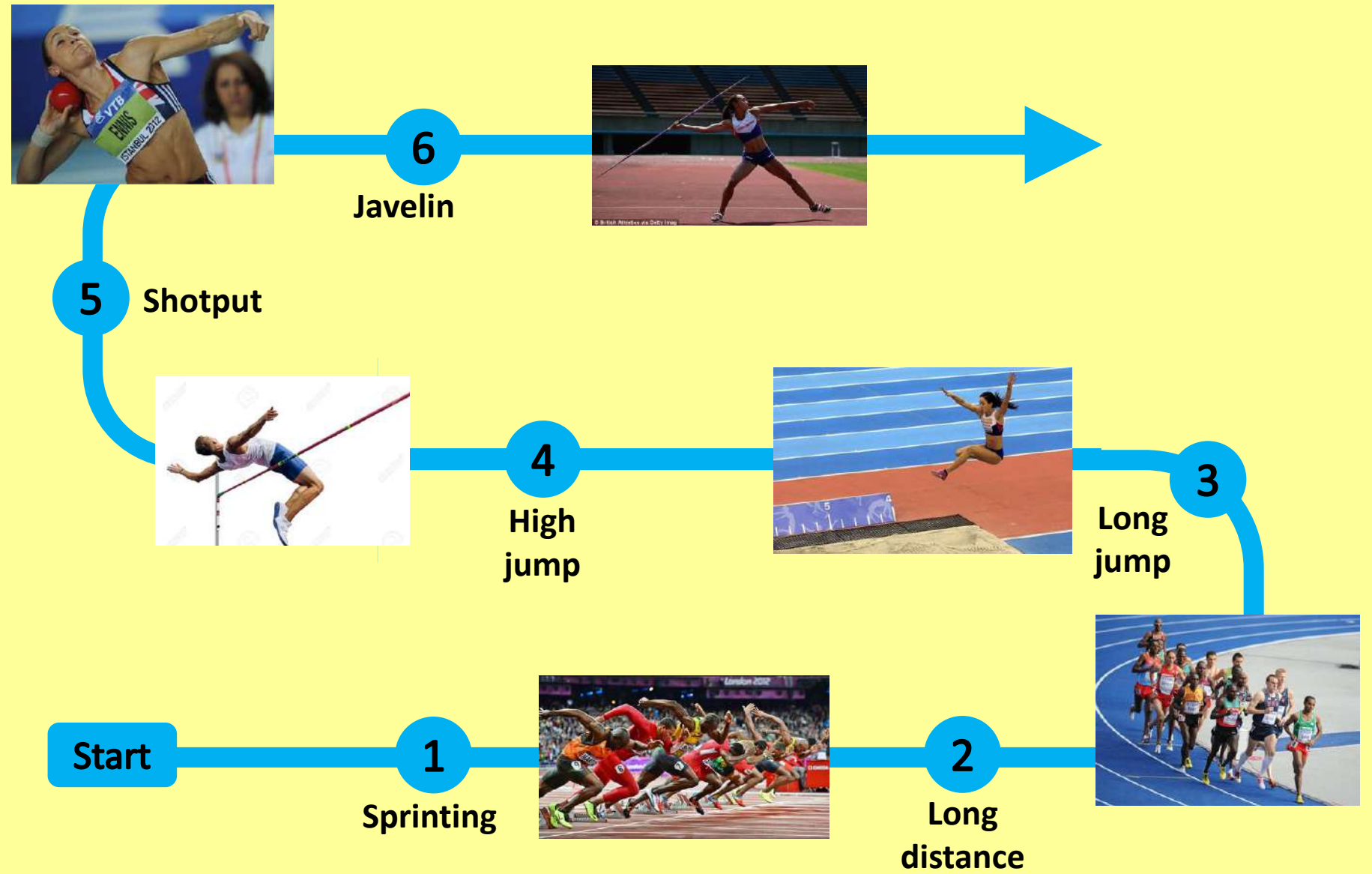
P.E Long Term Planning- Learning Journey

Learning Journey

Title: Athletics – Performance & Knowledge

Why are we learning this?
-To develop our understanding of the **rules and tactics** for different events in athletics.

-To improve our **performance** in different athletics events.

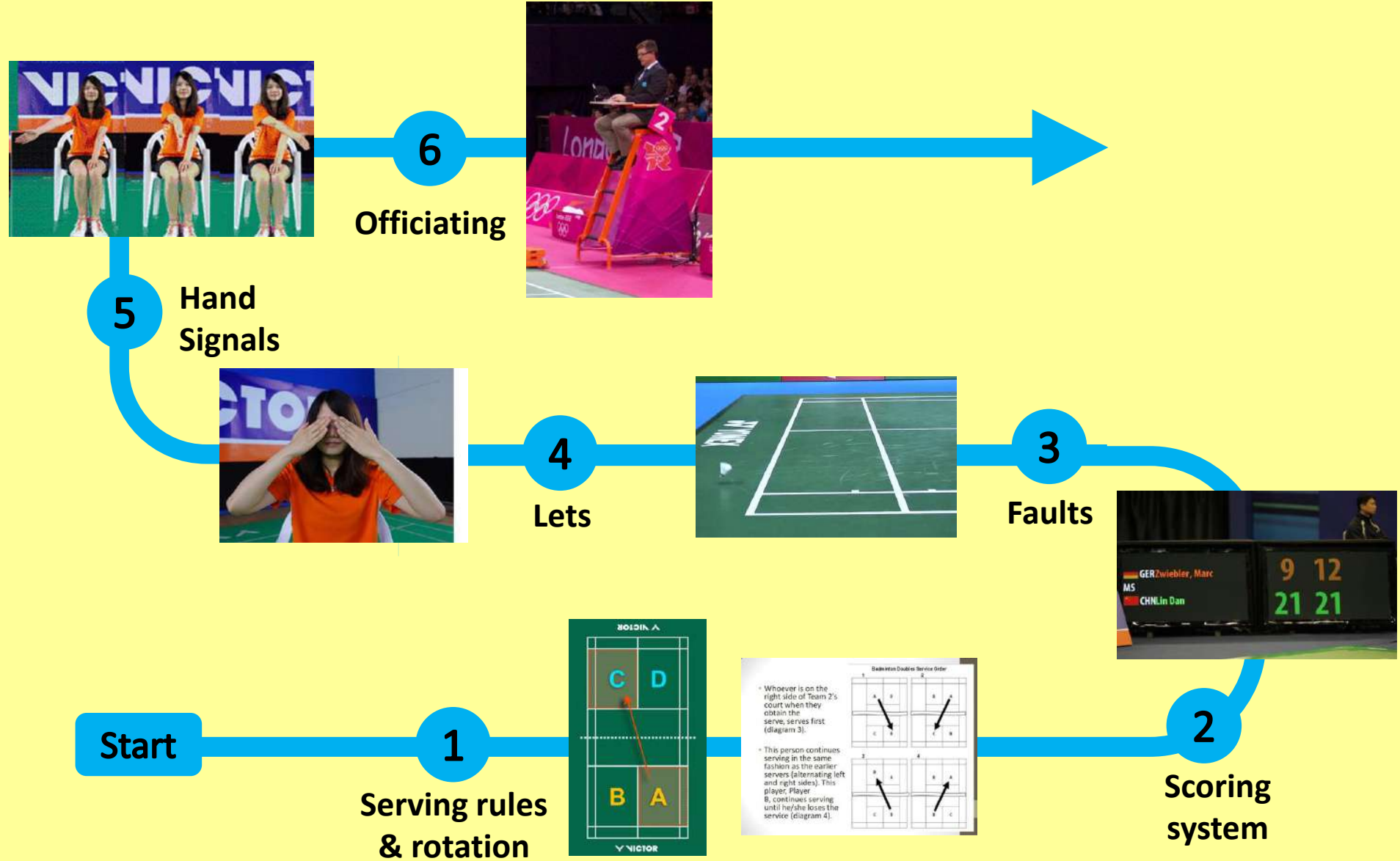


Learning Journey

Title: Badminton - Officiating

Why are we learning this?
-To learn the **hand signals** in badminton and how to apply the different **rules** and **scoring system** to a game.

-To learn how to **officiate** in badminton.



Learning Journey

Title: Basketball – Leadership

Why are we learning this?

-To develop our **knowledge** of leadership and learn new ideas for **planning** a session in basketball.

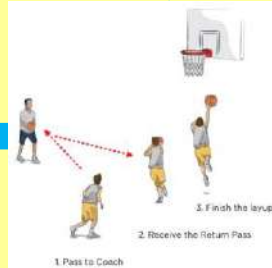
-To improve our **leadership** skills.



5 Conditioned games

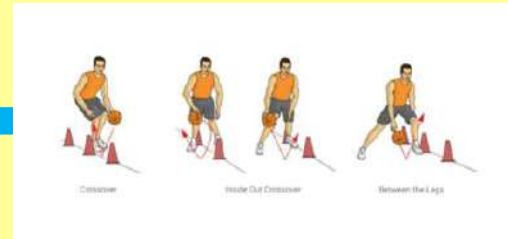
6

Cool downs



4

Shooting drills



3

Dribbling drills

Start

1

Warm ups



2

Passing drills

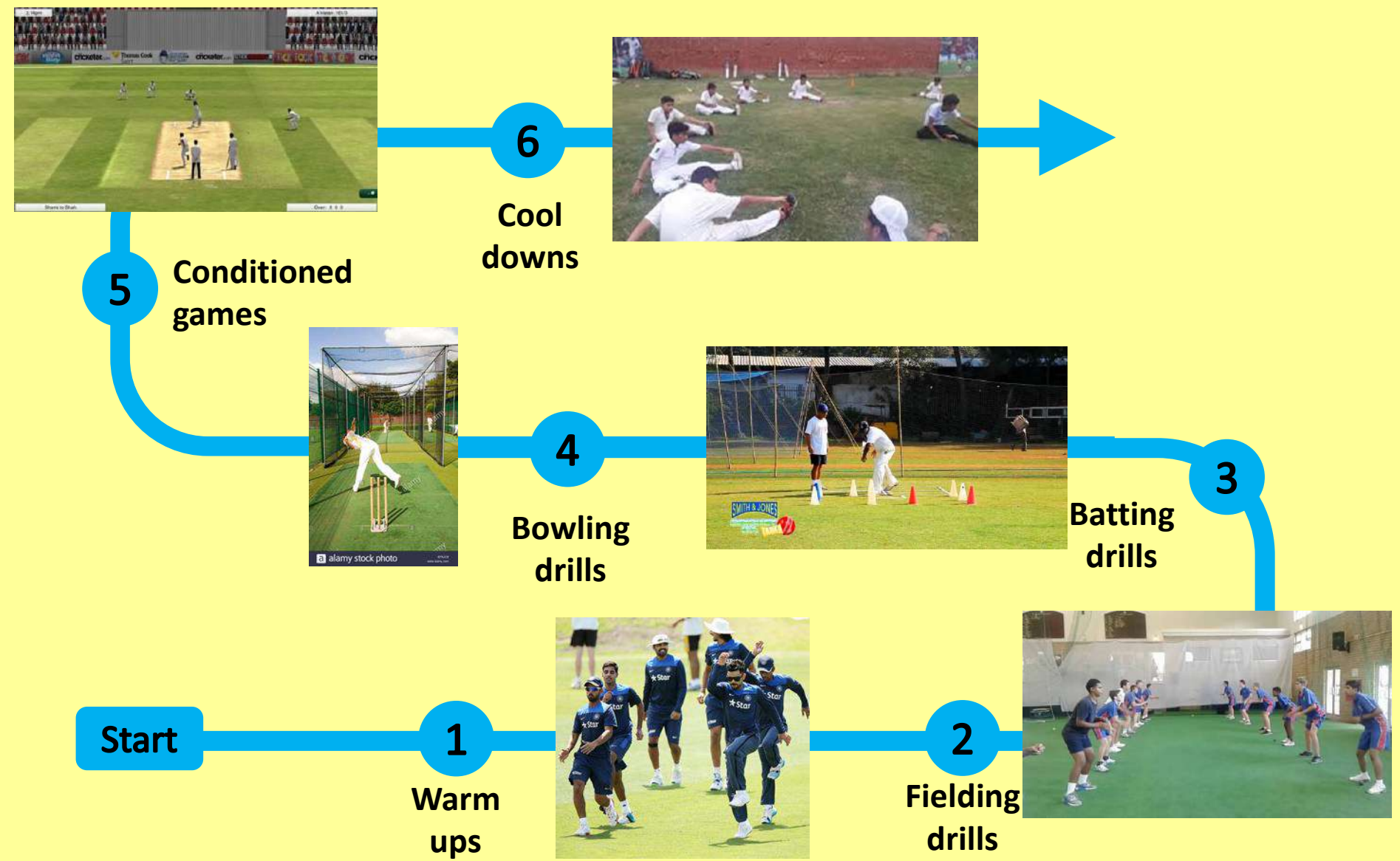


Learning Journey

Title: Cricket – Leadership

Why are we learning this?
-To develop our **knowledge** of leadership and learn new ideas for **planning** a session in cricket.

-To improve our **leadership** skills.



Learning Journey

Title: Football - Evaluation

Why are we learning this?
-To learn how to **evaluate** performance and **plan** to improve.

-To improve our **performance** in football.



Start

1

Performance



2

Review of performance



Plan to improve

3

A screenshot of a "Coaching Session Plan - Template from Newcastle United Foundation". It includes fields for Coach, Club, Venue, Age, U18, Theme, Duration, Date, and Session. It also contains sections for "Key Coaching Points", "Key Questions", and "Best Words".

Coach	Club	Venue	Age	U18	Theme	Duration	Date	Session

Carry out plan

4



Carry out plan

5



Review improvements

6

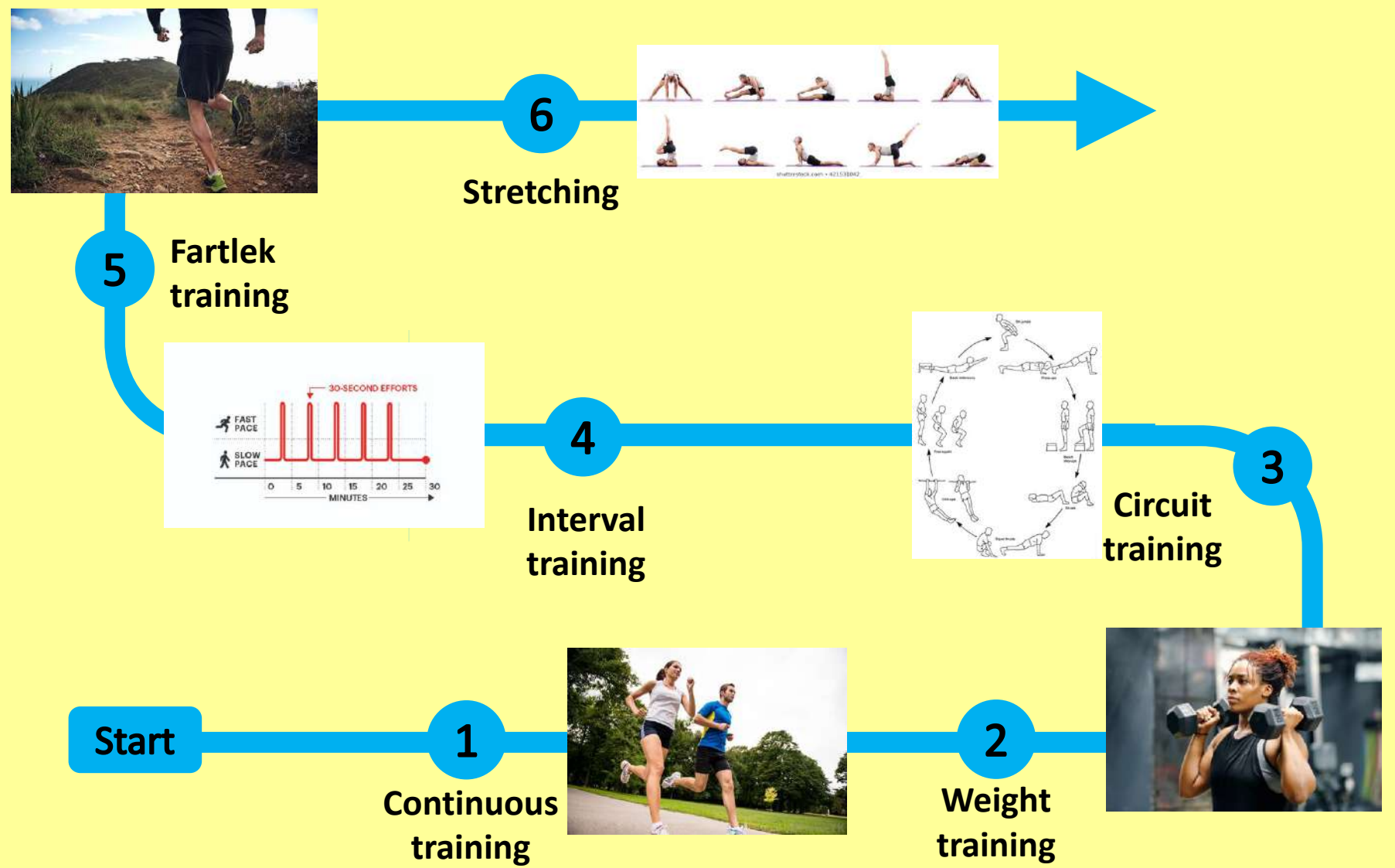


Learning Journey

Title: Fitness – Performance and Knowledge

Why are we learning this?
-To learn how to **train** each type of fitness.

-To improve our **fitness** levels.



Learning Journey

Title: Rounders – Leadership

Why are we learning this?
-To develop our **knowledge** of leadership and learn new ideas for **planning** a session in rounders.

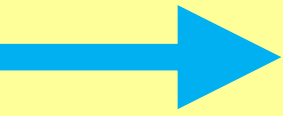
-To improve our **leadership** skills.



5 Conditioned games



6 Cool downs



4 Bowling drills



3 Batting drills

Start

1 Warm ups



2 Fielding drills



Learning Journey

Title: Rugby - Evaluation

Why are we learning this?
-To learn how to **evaluate** performance and **plan** to improve.

-To improve our **performance** in rugby.



6

Review improvements



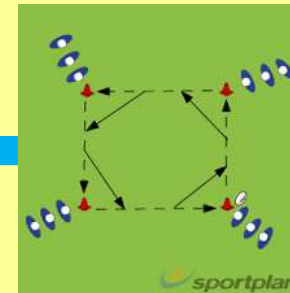
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Carry out plan



4

Carry out plan



Coaching Session Plan - Template from Newcastle United Foundation									
Coach	ID	Phase	Session	Age	UEFA	Theme	Duration	Date	Weather
Exercise 1 - Full Mower		Exercise 2 - Skill Practice		Key Coaching Points					
1. Pass with your leading leg		1. Touch down with the leading leg		1. Feet back - touch the ball					
2. Touch down with the leading leg		2. Touch down with the leading leg		2. Feet back - touch the ball					
3. Feet back - touch the ball		3. Feet back - touch the ball		3. Feet back - touch the ball					
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50. Feet back - touch the ball		50. Feet back - touch the ball		50. Feet back - touch the ball					

3

Plan to improve

Start

1

Performance



2

Review of performance



Learning Journey

Title: Trampolining - Performance

Why are we learning this?
-To learn the correct **technique** for different skills in trampolining.

-To improve our **performance** in trampolining.

