

Subject: Physical Education CORE – Key Stage 4

	Half Term 1 Sept-Oct	Half Term 2 Oct-Dec	Half Term 3 Jan-Feb	Half Term 4 Feb-April	Half Term 5 April-May	Half Term 6 May-July
10	<p>Content</p> <p>Winter Sports activities on rotation:</p> <p>Football, Netball, Hockey, and Fitness.</p> <p>Activities – 4 weeks on each</p> <p><b>Football:</b> Developing Skills/Performance Pupils will develop advanced principles of play when selecting and applying tactics for defending and attacking. Passing, controlling, dribbling, shooting and tactics will be developed through small sided games and conditional situations. Pupils will work towards demonstrating high quality performances and accurate replication throughout.</p> <p><b>Netball:</b> Pupils will develop advanced principles of play when replicating core skills of Passing, receiving, dodging, intercepting, marking and shooting. Development of these techniques will be tested through small sided games and conditional situations. Pupils will demonstrate high quality performances and accurate replication in both closed practices and competitive situations.</p> <p><b>Hockey:</b> Development &amp; Replication of Skills Pupils will further develop the fundamental principles of play when replicating core skills and movement needed including; passing, receiving, dribbling, shooting. Technique will be further tested through its use in small sided games and conditional situations and assessed against expected learning outcomes.</p> <p><b>Fitness:</b> Pupils will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.</p>	<p>Content:</p> <p>Winter Sports activities on rotation:</p> <p>Hockey, Trampolining, Volleyball, Badminton and Fitness.</p> <p>Interhouse Tournament</p> <p>Activities – 4 weeks on each</p> <p><b>Trampolining:</b> Developing Skills/Performance Throughout this scheme pupils will develop the skills necessary to develop fluent routines. Body tension, control, body extension and aesthetics will be developed through compositional ideas. Demonstrate high quality performances, techniques and routines. They will understand what “looks” good and the term aesthetics.</p> <p><b>Volleyball:</b> Developing Skills/Performance Throughout this scheme pupils will develop the skills necessary to outwit opponents Pupils will replicate shots with control and accuracy. Serves, digs, sets, smashes, blocks &amp; short and deep shots will be developed through game play and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p><b>Badminton:</b> Development &amp; Replication of Skills Pupils will develop the fundamental principles of play when replicating core skills and movement needed including; forehand, backhand, clear, serves, smashes and short/deep shots. Pupils will be expected perform these skills with accuracy and control. Technique will be further tested through its use in small sided games and assessed against expected learning outcomes.</p>	<p>Content:</p> <p>Winter Sports activities on rotation:</p> <p>Hockey, Trampolining, Volleyball, Badminton and Fitness.</p> <p>Activities – 4 weeks on each</p> <p><b>Trampolining:</b> Developing Skills/Performance Throughout this scheme pupils will develop the skills necessary to develop fluent routines. Body tension, control, body extension and aesthetics will be developed through compositional ideas. Demonstrate high quality performances, techniques and routines. They will understand what “looks” good and the term aesthetics.</p> <p><b>Volleyball:</b> Developing Skills/Performance Throughout this scheme pupils will develop the skills necessary to outwit opponents Pupils will replicate shots with control and accuracy. Serves, digs, sets, smashes, blocks &amp; short and deep shots will be developed through game play and conditional situations. 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Technique will be further tested through its use in small sided games and assessed against expected learning outcomes.</p>	<p>Content:</p> <p>10ab Winter Sports activities on rotation:</p> <p>Hockey, Table Tennis Basketball and Fitness.</p> <p>10cd – Recreational Lesson Week 1 - Benchball Week 2 – CoD Dodgeball Week 3 - Volleyball Week 4 - Multiskills</p> <p>10cd – Girls 1<sup>st</sup> lesson Basketball Girls 2<sup>nd</sup> lesson Table Tennis 10cd – Boys 1<sup>st</sup> lesson Recreational Boys 2<sup>nd</sup> lesson Table Tennis</p> <p><b>Table Tennis:</b> Development &amp; Replication of Skills Pupils will replicate shots with control and fluency. Serves, forehand &amp; backhand (topspin, slice &amp; side spin) will be developed through game play and conditional situations. Technique will be applied through small sided games and assessed against expected learning outcomes.</p> <p><b>Basketball:</b> Development &amp; Replication of Skills Pupils will develop the fundamental principles of play when replicating core skills and movement needed including; Passing, Receiving, outwitting defenders, shooting, dribbling and movement patterns. Technique will be further tested through its use in small sided games and conditional situations and assessed against expected learning outcomes.</p>	<p>Content:</p> <p>10ab and 10cd Junior Sports Leadership Award (JSLA)</p> <p>Table Tennis and Basketball</p> <p>Learners will develop an understanding of the attributes associated with successful sports leadership. Learners will also get the opportunity to plan, lead and review sporting activities. Young people undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community. The courses involve both guided &amp; peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people Leadership Skills Striking / Fielding Games Advanced skills specific to striking fielding games, batting, fielding, attacking field placement, defensive field placements, strategies and tactics</p> <p><b>Striking and Fielding</b></p> <p>Developing competence to excel in striking and fielding games.</p> <p>Skills specific to striking fielding games; batting with direction, fluency and timing and fielding techniques (attacking and defensive placements). Applying tactics and strategies for different types of innings (number of good balls v all out).</p> <p><b>Rounders:</b> Developing Skills/Performance Pupils will learn to use principles of play when selecting and applying tactics to produce a successful outcome. Pupils will continue to develop the skills necessary to outwit opponents. Batting, bowling and</p>	<p>Content:</p> <p>Junior Sports Leadership Award (JSLA)</p> <p>Striking and Fielding</p> <p>Students to lead on Year 6 Transition Day to our Primary Students using their coaching plans that they have developed throughout the term.</p> <p><b>Striking and Fielding</b></p> <p>Developing competence to excel in striking and fielding games.</p> <p>Skills specific to striking fielding games; batting with direction, fluency and timing and fielding techniques (attacking and defensive placements). Applying tactics and strategies for different types of innings (number of good balls v all out).</p> <p><b>Cricket:</b> Developing Skills/Performance Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. Pupils will further develop the skills necessary to outwit opponents. Batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>2 x weeks invasion CTF - Tactics and strategies as part of Sports Week.</p>

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	Skill development Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	Skill development: Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]	Skill development: Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	Skill Development: Can speak confidently in all situations including new and unexpected ones. Use vocabulary specific to setting and subject to enhance the quality of the discussion. Able to convey leadership skills and styles to a specific viewpoint effectively in the face of audience questions and criticisms.	Skill Development: Learners can apply skills, tactics and composition with flair and proficiency. They can adapt their skills to suit the situation.	Skill development: Learners can consistently use advanced skills, techniques and ideas, and they can use their performances to show outstanding precision.
	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>

11	<p><b>Content</b></p> <p>Winter Sports activities on rotation: Striking and fielding, Football, Netball</p> <p>Activities – 4 weeks on each</p> <p><b>Football:</b> Developing Skills/Performance Pupils will develop advanced principles of play when selecting and applying tactics for defending and attacking. Passing, controlling, dribbling, shooting and tactics will be developed through small sided games and conditional situations. Pupils will work towards demonstrating high quality performances and accurate replication throughout.</p> <p><b>Netball:</b> Pupils will develop advanced principles of play when replicating core skills of Passing, receiving, dodging, intercepting, marking and shooting. Development of these techniques will be tested through small sided games and conditional situations. Pupils will demonstrate high quality performances and accurate replication in both closed practices and competitive situations.</p> <p><b>Striking and Fielding</b></p> <p>Developing competence to excel in striking and fielding games.</p> <p>Skills specific to striking fielding games; batting with direction,</p>	<p><b>Content:</b></p> <p>Winter Sports activities on rotation: Football, Netball, Trampolining, Volleyball, Badminton.</p> <p>Activities – 4 weeks on each</p> <p><b>Trampolining:</b> Developing Skills/Performance Throughout this scheme pupils will develop the skills necessary to develop fluent routines. Body tension, control, body extension and aesthetics will be developed through compositional ideas. Demonstrate high quality performances, techniques and routines. They will understand what “looks” good and the term aesthetics.</p> <p><b>Volleyball:</b> Developing Skills/Performance Throughout this scheme pupils will develop the skills necessary to outwit opponents Pupils will replicate shots with control and accuracy. Serves, digs, sets, smashes, blocks &amp; short and deep shots will be developed through game play and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p><b>Badminton:</b> Development &amp; Replication of Skills Pupils will develop the fundamental principles of play</p>	<p><b>Content:</b></p> <p>Winter Sports activities on rotation: Hockey, Volleyball, Badminton and Fitness</p> <p>Activities – 4 weeks on each</p> <p><b>Fitness:</b> HRE and Physical Assessment Developing knowledge of leading a healthy active lifestyle. Being physically active for sustained period of time To know how to apply HR to their training.</p> <p>Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.</p> <p><b>Hockey:</b> Development &amp; Replication of Skills Pupils will further develop the fundamental principles of play when replicating core skills and movement needed including; passing, receiving, dribbling, shooting. Technique will be further tested through its use in small sided games and conditional situations and assessed against expected learning outcomes.</p>	<p><b>Content:</b></p> <p>Winter Sports activities on rotation: Hockey, Table Tennis Basketball and Fitness.</p> <p><b>Table Tennis:</b> Development &amp; Replication of Skills Pupils will replicate shots with control and fluency. Serves, forehand &amp; backhand (topspin, slice &amp; side spin) will be developed through game play and conditional situations. Technique will be applied through small sided games and assessed against expected learning outcomes.</p> <p><b>Basketball:</b> Development &amp; Replication of Skills Pupils will develop the fundamental principles of play when replicating core skills and movement needed including; Passing, Receiving, outwitting defenders, shooting, dribbling and movement patterns. Technique will be further tested through its use in small sided games and conditional situations and assessed against expected learning outcomes.</p>	<p><b>Content:</b></p> <p>Complimentary Pathway: 11ab – Week A – Girls – Recreational Activities 11ab – Week B – Girls - Basketball 11ab – Week B - Boys – Recreational Activities 11ab – Week A – Boys - Recreational Activities.</p> <p>Recreational Activities to include: Week 1 - Benchball Week 2 – CoD Dodgeball Week 3 - Volleyball Week 4 - Multiskills/Table Tennis Week 5 – Fitness Suite</p> <p>11cd – Girls 1<sup>st</sup> lesson Basketball Girls 2<sup>nd</sup> lesson Recreational 11cd – Boys 1<sup>st</sup> lesson Recreational Boys 2<sup>nd</sup> lesson Basketball Multi-Sports - inclusion games</p> <p>Striking and Fielding Mental wellbeing to reduce exam stress. Option choices for final PE unit.</p> <p>11ab - Striking and Fielding 11cd – Striking and Fielding</p> <p>Invasion games: Capture The Flag</p>	<p><b>Content</b></p>
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fluency and timing and fielding techniques (attacking and defensive placements). Applying tactics and strategies for different types of innings (number of good balls v all out).	when replicating core skills and movement needed including; forehand, backhand, clear, serves, smashes and short/deep shots. Pupils will be expected perform these skills with accuracy and control. Technique will be further tested through its use in small sided games and assessed against expected learning outcomes.					
Skill development Learners can comment on skills and techniques and explain how they are applied. They can modify and refine techniques to improve their performances.	Skill development: Students can select and apply skills based on their own and others strengths and weaknesses.	Skill development: Learners can explain how their body reacts to exercise. They can design and run a skill drill for a 3rd part warm up.	Skill Development: Learners can link core skills with precision, control and fluency in a competitive situation.	Skill Development: Students can accurately apply core skills in a competitive situation.	Skill development:	
<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	<b>Assessment</b>	

A range of activities are offered at school, including:

Athletics	Football	Rugby
Badminton	Gymnastics	Softball
Basketball	Hockey	Tennis
Cricket	Indoor Games	Volleyball
Cross Country	Netball	Handball
Fitness Training	Rounders	Use of the fitness suite

Within Years 10 and 11, students' performance and understanding will be developed and extended from Year 9. Students will have the opportunity to plan and evaluate their tactics and performance in competition. Furthermore, they will be expected to take on roles of responsibility such as coach/captain/umpire.