


KS4 Curriculum Overview



Subject: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Fitness baseline</p> <ul style="list-style-type: none"> ✚ Speed ✚ Agility ✚ Fitness ✚ Muscular endurance <p>Football</p> <ul style="list-style-type: none"> ✚ Refereeing a game ✚ Play in a competitive situation in different positions ✚ Control the ball under pressure with different body parts ✚ Using different shooting techniques 	<p>Rugby/ Tag rugby</p> <ul style="list-style-type: none"> ✚ Coaching a rugby lesson ✚ Enhance own rugby game ✚ Coach a group and explain the rules ✚ Apply the game <p>Health related fitness</p> <ul style="list-style-type: none"> ✚ FITT training ✚ Take part in a discussion about muscle health ✚ SPORP training 	<p>Table tennis</p> <ul style="list-style-type: none"> ✚ Serve ✚ Play a rally using forehand shots ✚ Rally playing backhand shots ✚ Play a rally with 6 strokes <p>Trampolining</p> <ul style="list-style-type: none"> • Recapping basic skills • Back landing with mat • Hands and knees forward turn over • Creating routines 	<p>Hockey</p> <ul style="list-style-type: none"> ✚ Stop the ball using reverse stick ✚ Dodge to beat an opponent ✚ Work with teammate in attacking situation ✚ Work with teammate in defending situation <p>Netball</p> <ul style="list-style-type: none"> • Developing footwork • Passing and moving • Marking • Developing attacking skills • Shooting 	<p>Basketball</p> <ul style="list-style-type: none"> • Offensive footwork • Screening • Fast break offence • Defensive pressure • Referee <p>Badminton</p> <ul style="list-style-type: none"> • Safe assembly of equipment • Short serve and return • Smash • Using a range of shots 	<p>Athletics</p> <ul style="list-style-type: none"> ✚ Running ✚ Throwing ✚ Jumping ✚ Athletic skills ✚ Taking part in athletic competitions <p>Cricket</p> <ul style="list-style-type: none"> ✚ Play following a more advanced batting strokes square cut, back foot drive ✚ Bowl using a seam and a spin ✚ Field the ball in different ways ✚ Laws of the game

		 Plan and design an effective personal circuit using equipment		<ul style="list-style-type: none"> • Positional play 	<ul style="list-style-type: none"> • Doubles play 	
Links to RRS, PFA, SMSC.	PFA -Employment, Community Inclusion, Health SMSC - Spiritual , Social development, Cultural development RRS - 13, 15, 23, 24, 28, 29, 31					

	Accreditation	Year 11 groups are on a carousel basis with three accreditations on offer.	
Year 11 Accreditation Pathways	BTEC Level 1 Introductory Award in sport	Unit A2- Developing a Personal Progression Plan A- Explore the skills and behaviours needed to meet personal progression goal. B- Produce a progression plan to meet intended progression goal.	Unit SP7- Playing sport A- Show skills and techniques in sport. B- Review own performance when playing sport to improve skills and techniques.
	AQA unit award Outdoor education	Lighting a fire using matches Developing teamwork skills Walking as a group Basic survival skills outdoor cooking Building a survival shelter	
	AQA unit award Swimming/ Gym	Swimming skills development Accessing the gym at a leisure centre	
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