

Key Stage 4 Curriculum Overview for PE

Year	Half Term 1+2 GIRLS	Half Term 1+2 BOYS	Half Term 3+4 GIRLS	Half Term 3+4 BOYS	Half Term 5+6 GIRLS	Half Term 5+6 BOYS
10	Fitness Netball House Netball	Handball Football Table Tennis – SL House Table Tennis	House Dodgeball Badminton Handball Orienteering	Health related fitness Futsal Handball House Dodgeball	Rounders Athletics House Rounders	Athletics Cricket House Cricket
	Assessments: <ul style="list-style-type: none"> Students will be given the opportunity to work on fitness – demonstrating how they can consistently meet the demands of the activities Students will develop knowledge and be able to explain the importance of a healthy, active lifestyle in the promotion of mental, social and physical well being Students will develop their ability to lead and motivate others in pairs or teams and show confidence and good organisational skills Students will learn to analyse their own and others performance and adapt to implement appropriate improvements. 				Assessments: Practical Assessments in core strands <ul style="list-style-type: none"> - Fit to Lead - Fit to Perform - Fit for Life 	
11	Fitness Netball House Netball Local Gym visit	Football Table Tennis House Table Tennis Local Gym Visit	House Dodgeball Badminton Handball Orienteering	Health related fitness Futsal Handball House Dodgeball		
	Assessments: <ul style="list-style-type: none"> Students will further develop a wide range of skills, techniques and tactics in a variety of activities. Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Students will be taught how to evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. 				Assessments: Practical Assessments in core strands <ul style="list-style-type: none"> - Fit to Lead - Fit to Perform - Fit for Life 	