



# Department

## Subject: P.E

### Programme of Study: Key Stage 3 to Key Stage 4 Core PE

#### Intent

PE at King's Academy Prospect adheres to the National Curriculum framework and aims to provide continuity of learning experience by building on and embedding the physical development and skills learned in key stages 1 and 2. We aspire pupils to become more competent, confident and expert in their techniques, and applying them across different sports and physical activities, in order to excel. Pupils are motivated to be physically active for sustained periods of time and develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life.

We believe that students deserve a broad and ambitious Physical Education curriculum, rich in skills and knowledge, which develops physical, social and emotional well-being which prepares them well for future learning or employment.

The KS3 assessment model of "Hands, Head and Heart" is a focal point whereby students not only develop skills and techniques in the sports but other key competencies that supports our academic courses in KS4/5.

Further to this, pupils are given opportunities to participate in competitive and recreational sport beyond the curriculum to build character, co-operation and help to embed the school values. Pupils are encouraged to analyse their work and understand what makes a performance effective and how to apply these principles to maximise progress and experience joy and success.

#### **Curriculum Overview**

##### Key Stage 3

In year 7, 8 and 9 students will focus on improving their physical, social and emotional wellbeing through an engaging range of sport and physical activities. Development of student's understanding of physical education as a whole is promoted via the assessment model of "Hands, Head and Heart":

Hands - Ability | Fitness Levels | Competitive | Technique | Tactics | Problem Solving

Head - Knowledge | Understanding | Analysis | Feedback | Responsibility | Rules

Heart - Communication | Leadership | Respect | Resilience | Effort | Confidence

This is achieved through experiencing a range of sporting activities within specific areas (invasion, net-wall, performing at maximum, accurate replication and striking and fielding).

#### **Key Stage 4**

In years 10 and 11 students will continue to develop their confidence, motivation, physical competence in competitive situations, knowledge and understanding to value and take responsibility for engagement in physical activities for life. This is done by ensuring lessons are both engaging and purposeful. This is achieved through experiencing a range of sporting activities within specific areas (invasion, net-wall, performing at maximum, accurate replication, non-traditional and striking and fielding).

### **Key Concepts**




Invasion Game activities	Net and Wall game activities	Striking and fielding game activities	Aesthetic activities	Outdoor and Adventurous activities	Exercising Safely activities	Athletic activities
<p>Ability to participate in activities such as Rugby, Football, Basketball, Netball, Handball, etc.</p> <p>Understanding the rules and scoring systems associated with Rugby, Football, Basketball, Netball, Handball, etc.</p> <p>Use a range of tactics and strategies to overcome opponents in teams.</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in activities such as Badminton, Tennis, Table Tennis, Volleyball, etc.</p> <p>Understanding the rules and scoring systems associated with Badminton, Tennis, Table Tennis, Volleyball, etc.</p> <p>Use a range of tactics and strategies to overcome opponents</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in activities such as Cricket, Rounders and Softball.</p> <p>Understanding the rules and scoring systems associated with Cricket, Rounders and Softball.</p> <p>Use a range of tactics and strategies to overcome opponents</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in activities such as Gymnastics, Dance and Trampolining.</p> <p>Understand the importance of movement aesthetics</p> <p>Develop their technique and improve their performance</p> <p>Use choreography skills to plan and perform routines and sequences.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in Orienteering and Problem solving activities.</p> <p>Understand the rules and scoring methods associated with orienteering.</p> <p>Develop skills such as team work, leadership, problem solving and</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate and complete testing in different training methods, such as weight training, circuit training, interval training, etc.</p> <p>Understand the safety elements associated with training.</p> <p>Develop skills and techniques that allow training to be effective.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>	<p>Ability to participate in athletic activities that focus on running events, jumping event and throwing events.</p> <p>Understand the rules, measuring methods and safety aspects associated with each athletic event.</p> <p>Use a range of tactics and strategies to overcome opponents</p> <p>Develop their technique and improve their performance</p> <p>Analyse their performances compared to previous ones and demonstrate improvement</p>




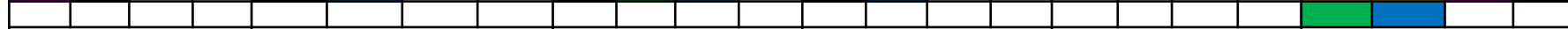
## Key Themes

Catching	Passing/Throwing	Scoring/measuring	Striking with object	Movement and body understanding	Quality of movement	Choreography	Collaboration and team work	Leadership
<p>Students must learn to identify the catching techniques associated with the sport they are studying.</p> <p>Ability to catch a variety of different size and shaped balls.</p> <p>Selecting the appropriate technique and developing ability to catch with one and two hands.</p>	<p>Students must learn to identify the passing/throwing techniques associated with the sport they are studying.</p> <p>Ability to pass/throw a variety of different size and shaped balls.</p> <p>Ability to pass using different parts of the body.</p> <p>Selecting the appropriate technique for situation and activity.</p>	<p>Students must learn to identify the different methods of scoring associated with the activity they are studying.</p> <p>Knowledge of how different acts and skills can result in being awarded different points in certain sports.</p> <p>Understanding what scores are required in order to win a match.</p>	<p>Students must learn to identify the different techniques associated with using different pieces of equipment to strike an object.</p> <p>Effective selection of strike technique based on situation and desired outcome.</p>	<p>Students must learn to identify the different elements of movements associated with the activity they are studying. i.e. movement around a court, movement skills in gymnastics, techniques in the gym.</p> <p>Successfully linking movements together to produce aesthetic and effective performance.</p> <p>Understanding the limits to their own bodies in order to perform to their best.</p>	<p>Students must learn to identify the effectiveness of good technique and its importance in enabling successful performance.</p> <p>Knowledge of movements being aesthetic in order to be effective in activities.</p>	<p>Students must learn to choreograph routines.</p> <p>Understanding of how to successfully link movements and skills to aid effectiveness.</p> <p>Ability to meet routine criteria when choreographing routines and sequences.</p>	<p>Students must learn to work effectively with other's in groups to meet criteria and be successful.</p> <p>Develop skills that enable successful collaboration and team work. E.g. communication, listening, problem solving, cooperation, leadership and respectfulness.</p>	<p>Students must learn to show leadership skills that enable teams and groups to be successful.</p> <p>Understanding that leadership can take multiple forms and be implemented in a variety of manners.</p> <p>Selecting appropriate leadership skills when necessary.</p>

Performing safely	Competition	Ethics and fair play
	<p>Students must learn to participate under competitive situations.</p> <p>Ability to perform skills and techniques in a competitive environment.</p> <p>Select the appropriate technique/skill whilst participating in competitive situations.</p> <p>Manage the pressures of competitive situations when performing aesthetic activities.</p>	<p>Students must learn about ethics and fair play within sport.</p> <p>Knowledge regarding etiquette within the activity they are studying.</p> <p>Learning to cope emotionally with failure and adversity.</p> <p>Ability to be a gracious winner.</p>



<b>Tennis</b> Grip Forehand groundstroke Footwork/ready position Serve  Extension: Court positioning Return of serve	<b>Table Tennis</b> Ball control Basic serve Forehand push Backhand push  Extension Full forehand serve Smash	<b>Cricket</b> Two handed Catching Throwing Front foot drive/block Bowling technique  Extension: Long Barriers Bowling line and length	<b>Rounders</b> Catching Throwing overarm Batting Bowling  Extension Basic rules Positions	<b>Softball</b> Mitt Catching (2 hands) Throwing Batting technique Base work  Extension: Batting rules Pick-ups	<b>Gymnastics</b> Essentials Basic shapes Travel Jumps Individual balances Partner balances  Extension Partner balances
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
					
					
					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.

<b>Dance:</b> Character development/ Movement Counts of 8 Creation of motifs Levels  Extensions: Unison Canon	<b>Orienteering and Problem Solving</b> Key features Orientating maps The key Team work  Extension: Problem solving Decision making	<b>Athletics</b> Sprint technique Middle distance pacing Stationary throwing techniques Basic jumping techniques  Extension: Sprint starts Landing techniques	<b>Cross Country</b> Running technique  Extension: Pacing	<b>Exercising Safely</b> Warm-ups Cool downs Cardiovascular training methods Circuit training  Extension: Heart rate Gym safety	<b>Fundamental Skills</b> Passing and throwing Catching Ball control using rackets Jumping Kicking
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
					
Key Themes					
					
					
					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.

Year 7 POS					
Week Commencing			Boys	Girls	Mixed
5th Sept	1	1	Baseline	Baseline	Baseline
12th Sept	3	1	Rugby	Football	Badminton
19th Sept	4	2	Rugby	Football	Badminton
26th Sep	5	1	Rugby	Football	Badminton
3rd Oct	6	2	Rugby	Netball	Badminton
10th Oct	7	1	Handball	Netball	Gymnastics
HALF TERM					
31st Oct	9	2	Handball	Netball	Gymnastics
7th Nov	10	1	Handball	Table Tennis	Gymnastics
14th Nov	11	2	Handball	Table Tennis	Gymnastics
21st Nov	12	1	Badminton	Table Tennis	Orienteering/ PS
28th Nov	13	2	Badminton	Dance	Orienteering/ PS
5th Dec	14	1	Badminton	Dance	Orienteering/ PS
12th Dec	15	2	Badminton	Dance	Orienteering/ PS
19th Dec	16	1	House Games		
XMAS					
2nd Jan	1	2	Football	Badminton	Dance
9th Jan	2	1	Football	Badminton	Dance
16th Jan	3	2	Football	Badminton	Dance
23th Jan	4	1	Table Tennis	Badminton	Dance
30th Jan	5	2	Table Tennis	ES	ES
6th Feb	6	1	Table Tennis	ES	ES
HALF TERM					
20th Feb	7	2	XC	XC	XC
27th Feb	8	1	ES	ES	ES
6th March	9	2	ES	Gymnastics	Netball
13th March	10	1	Dance	Gymnastics	Netball
20th March	11	2	Dance	Gymnastics	Handball
27th March	12	1	Dance	Gymnastics	Handball
EASTER HOLIDAYS					
17th April	1	2	Track	Track	Field
24th April	2	1	Track	Track	Field
1st May	3	2	Field	Field	Track
8th May	4	1	Field	Field	Track
15th May	5	2	Cricket	Rounders	Rounders
22nd May	6	1	Cricket	Rounders	Rounders
HALF TERM					
5th June	7	2	Cricket	Rounders	Rounders
12th June	8	1	Cricket	Rounders	Rounders
19th June	9	2	Netball	Handball	Table Tennis
26th June	10	1	Netball	Handball	Table Tennis
3rd July	11	2	Netball	Handball	Table Tennis
10th July	12	1	Netball	Handball	Table Tennis
17th July	13	2	House Games		

## Year 7 Pathways



**YEAR: 8**

<p><b>Rugby:</b>            Defensive Alignment/positioning            Attacking alignment/positioning            Tackling at angles            5 man scrums              Extension            Loops and switches            Mauling</p>	<p><b>Handball:</b>            Dribble with dominant hand            Catching on the move            Attacking tactics            Jump shot              Extension            Feinting shot/pass            Dribble with both hands</p>	<p><b>Netball:</b>            Defending/marking            Attacking play/Positional awareness            Passing (mid-long distance)            Receiving the ball on the move/pivoting              Extension            Interception/attacking play            Timing of pass/support play</p>	<p><b>Football:</b>            Defending            Movement off the ball            Long passing            Heading              Extensions:            Developing attacks            Dribbling and turns</p>	<p><b>Basketball</b>            Passing            -overhead/shoulder            Lay-up            Shooting on the move            Dribbling              Extensions:            Rebounding            Defensive positioning</p>	<p><b>Alternative Team Games</b>            Travelling/movement            Catching on the move            Passing (advanced)            Marking/tackling              Extension            Use of space            Feints/dummies/sidesteps</p>	<p><b>Badminton</b>            Net shot            Movement around the court            Smash            Backhand clear              Extension            Flick serve            Shot placement</p>
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				Key Themes		
<p>Assessment Method:            In lesson assessment            lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method:            In lesson assessment            lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method:            In lesson assessment            lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method:            In lesson assessment            lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method:            In lesson assessment            lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method:            In lesson assessment            lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method:            In lesson assessment            lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>

<b>Tennis</b> Court positioning Return of serve Backhand groundstroke Movement on court  Extension: Backhand volley Forehand volley	<b>Table Tennis</b> Full forehand serve Smash Forehand drive Backhand drive  Extension: Top/back spin Backhand serve	<b>Cricket</b> Long barriers Bowling line and length One handed catching Hook shots  Extension: Short barriers Common fielding positions	<b>Rounders</b> Basic rules Positions Back topping Fielding  Extension Adding spin to the bowl Post work/tactical development	<b>Softball</b> Batting accuracy Pick-ups Catching (1 handed) Fielding positions and roles  Extension: Bunting Barriers	<b>Trampolining</b> Basic jumps/shapes Seat drop  Extension Adding in half and full turns
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in a student devised routine.

<b>Dance:</b> Unison Canon Levels Formation  Extensions: Jumps/Leaps Relationships	<b>Orienteering and Problem Solving</b> Location identification Pacing Problem solving Decision making  Extension: Forms of communication Photo identification	<b>Athletics</b> Sprint starts Sprint finishes Basic throw run-ups Landing techniques  Extension: Drive phase Measuring run-ups	<b>Cross Country</b> Pacing  Extension: Change of terrain	<b>Exercising Safely</b> Heart rate Speed training Flexibility training Gym safety  Extension: SAQ training Muscular endurance training
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				
<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in a student devised routine.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	<b>Assessment Method:</b> In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	<b>Assessment Method:</b> In lesson observing student's ability to perform in competition noting time and performance.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

Year 8 POS					
Week Commencing		Boys	Girls	Mixed	
5th Sept	1	1	Rugby	Football	Trampolining
12th Sept	3	1	Rugby	Football	Trampolining
19th Sept	4	2	Rugby	Football	Trampolining
26th Sep	5	1	Rugby	Football	Trampolining
3rd Oct	6	2	Netball	Netball	Trampolining
10th Oct	7	1	Netball	Netball	Table Tennis
HALF TERM					
31st Oct	9	2	Netball	Netball	Table Tennis
7th Nov	10	1	Netball	Netball	Table Tennis
14th Nov	11	2	Netball	Netball	Table Tennis
21st Nov	12	1	Trampolining	Badminton	Dance
28th Nov	13	2	Trampolining	Badminton	Dance
5th Dec	14	1	Trampolining	Badminton	Dance
12th Dec	15	2	Trampolining	Badminton	Dance
19th Dec	16	1	House Games		
XMAS					
2nd Jan	1	2	Football	Table Tennis	Badminton
9th Jan	2	1	Football	Table Tennis	Badminton
16th Jan	3	2	Football	Table Tennis	Badminton
23th Jan	4	1	Football	Table Tennis	Badminton
30th Jan	5	2	Table Tennis	ES	ES
6th Feb	6	1	Table Tennis	ES	ES
HALF TERM					
20th Feb	7	2	Table Tennis	ES	ES
27th Feb	8	1	XC	XC	XC
6th March	9	2	ES	Trampolining	Orienteering/ PS
13th March	10	1	Badminton	Trampolining	Orienteering/ PS
20th March	11	2	Badminton	Trampolining	Orienteering/ PS
27th March	12	1	Badminton	Trampolining	Orienteering/ PS
EASTER HOLIDAYS					
17th April	1	2	Track	Track	Field
24th April	2	1	Track	Track	Field
1st May	3	2	Field	Field	Track
8th May	4	1	Field	Field	Track
15th May	5	2	Cricket	Rounders	Rounders
22nd May	6	1	Cricket	Rounders	Rounders
HALF TERM					
5th June	7	2	Cricket	Rounders	Rounders
12th June	8	1	Cricket	Rounders	Rounders
19th June	9	2	Handball	Handball	Netball
26th June	10	1	Handball	Handball	Netball
3rd July	11	2	Handball	Handball	Netball
10th July	12	1	Handball	Handball	Netball
17th July	13	2	House Games		

## Year 8 Pathways

# YEAR: 9

<b>Rugby:</b> Line outs Loops and switches Mauling 6 man scrums  Extension Kicking – grubber and drop kick Spin pass	<b>Handball:</b> Feinting shot/pass Dribble with both hands Catching – One handed Jump pass  Extensions Decision making/tactical awareness: Attacking tactics – pivot Defensive – pressing the ball	<b>Netball:</b> Interception/defending play Timing of pass/support play Use of space/court linkage Attacking principles  Extension Defending principles Tactics- centre pass/within the circle	<b>Football:</b> Developing attacks Dribbling and turns Shooting – advanced Set plays  Extensions: Width in attack Penetrating the defensive line	<b>Basketball</b> Rebounding Defensive positioning Reverse Lay-up Extended dribbling  Extensions: Screens Attacking positions	<b>Alternative Team Games</b> Use of space Feints/dummies/sidesteps Positioning and formations Weaker hand/foot  Extension: Attacking tactics Defensive tactics	<b>Badminton</b> Flick serve Shot placement Ready positions Backhand drop shot  Extension: Forehand Drive Serve variation
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				Key Themes		
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.

<b>Tennis</b> Backhand volley Forehand volley Drop shot Forehand lob  Extension: Overhead smash Top spin	<b>Table Tennis</b> Top/back spin Backhand serve Shot selection Defensive shot play  Extension: Distance from table Serve variety	<b>Cricket</b> Short barriers Common fielding positions Wicket keeping Shot selection  Extension: Advanced fielding positions Fielding tactics	<b>Rounders</b> Adding spin to the bowl Post work/tactical development Batting techniques Advanced rules  Extension: Post running Advanced fielding	<b>Softball</b> Bunting Barriers Batting rules Back stop  Extension: Base/fielding rules Pick-ups on the run	<b>Trampolining</b> Front drop  Extension Adding in half and full turns and seat drops
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.

<b>Dance:</b> Unison Canon Formation Relationships  Extensions: Space Time	<b>Orienteering and Problem Solving</b> Plotting maps Non-verbal communication Forms of communication Photo identification  Extension: Risk factors around school Route planning	<b>Athletics</b> Drive phase Race tactics Advanced prep phases for throws Measuring run-ups  Extension: Relay changeovers Time/distance keeping	<b>Cross Country</b> Change of terrain  Extension Sprint finishes	<b>Exercising Safely</b> SAQ training Muscular endurance training Balance and core training Training zones  Extension: Plyometric training Diet/calorie awareness
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

## Year 9 Pathways








### Year 9 POS

Week Commencing		Boys 1	Boys 2	Girls	Mixed
5th Sept	1 1	Badminton	Netball	Football	Trampolining
12th Sept	3 1	Badminton	Netball	Football	Trampolining
19th Sept	4 2	Badminton	Netball	Football	Trampolining
26th Sep	5 1	Badminton	Netball	Football	Trampolining
3rd Oct	6 2	Netball	Handball	Netball	Trampolining
10th Oct	7 1	Netball	Handball	Netball	Table Tennis
HALF TERM					
31st Oct	9 2	Netball	Handball	Netball	Table Tennis
7th Nov	10 1	Netball	Handball	Netball	Table Tennis
14th Nov	11 2	Netball	Handball	Netball	Table Tennis
21st Nov	12 1	Trampolining	Football	Badminton	Dance
28th Nov	13 2	Trampolining	Football	Badminton	Dance
5th Dec	14 1	Trampolining	Football	Badminton	Dance
12th Dec	15 2	Trampolining	Football	Badminton	Dance
19th Dec	16 1	House Games			
XMAS					
2nd Jan	1 2	Football	Table Tennis	Handball	Badminton
9th Jan	2 1	Football	Table Tennis	Handball	Badminton
16th Jan	3 2	Football	Table Tennis	Handball	Badminton
23th Jan	4 1	Football	Football	Handball	Badminton
30th Jan	5 2	Table Tennis	Football	ES	ES
6th Feb	6 1	Table Tennis	Football	ES	ES
HALF TERM					
20th Feb	7 2	Table Tennis	Football	ES	ES
27th Feb	8 1	XC	XC	XC	XC
6th March	9 2	ES	ES	Trampolining	Orienteering/ PS
13th March	10 1	Handball	ES	Trampolining	Orienteering/ PS
20th March	11 2	Handball	ES	Trampolining	Orienteering/ PS
27th March	12 1	Handball	ES	Trampolining	Orienteering/ PS
EASTER HOLIDAYS					
17th April	1 2	Track	Track	Track	Field
24th April	2 1	Track	Track	Track	Field
1st May	3 2	Field	Field	Field	Track
8th May	4 1	Field	Field	Field	Track
15th May	5 2	Cricket	Trampolining	Rounders	Rounders
22nd May	6 1	Cricket	Trampolining	Rounders	Rounders
HALF TERM					
5th June	7 2	Cricket	Trampolining	Rounders	Rounders
12th June	8 1	Cricket	Trampolining	Rounders	Rounders
19th June	9 2	Softball	Softball	Table Tennis	Netball
26th June	10 1	Softball	Softball	Table Tennis	Netball
3rd July	11 2	Softball	Softball	Table Tennis	Netball
10th July	12 1	Softball	Softball	Table Tennis	Netball
17th July	13 2	House Games			



# Key Stage 4

## YEAR: 10

<p><b>Rugby:</b> Spin pass Jackaling 8 Man scrums Drop and grubber kicking</p> <p>Extension Conversions Running lines</p>	<p><b>Handball:</b> Attacking tactics - Pivots Defensive wall – pressing the ball Attacking set plays Awareness and application of rules</p> <p>Extensions Refereeing Coaching</p>	<p><b>Netball:</b> Tactics- centre pass/within the circle Outwitting opposition Defending principles Attacking principles</p> <p>Extension Tactics/team strategies Role of umpire/coaching</p>	<p><b>Football:</b> Width in attack Penetrating the defensive line Switching play Styles of play – long ball vs build up play</p> <p>Extensions Refereeing Coaching</p>	<p><b>Basketball</b> Screens Attacking positions Defensive tactics Press Break</p> <p>Extensions: Full court press</p>	<p><b>Alternative Team Games:</b> Set plays Attacking tactics Advanced rules Defensive tactics</p> <p>Extension Coaching Officiating</p>	<p><b>Badminton</b> Drive Serve variation Doubles serves/rotations Shot Selection</p> <p>Extension: Doubles formations Smash return</p>
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				Key Themes		
						
<p>Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>	<p>Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.</p>

<b>Tennis</b> Overhead smash Top spin Back spin Applying speed and power  Extension: Selection of shot Disguising shots	<b>Table Tennis</b> Distance from table Serve variety Side spin Tactics  Extension: Officiating Disguising shots	<b>Cricket</b> Advanced fielding positions Fielding tactics Sweeps Batting tactics  Extension: Officiating Coaching	<b>Rounders</b> Post running Advanced fielding Tactical awareness Accuracy of batting  Extension: Covering posts Umpiring	<b>Softball</b> Base/fielding rules Pick-ups on the run Fielding tactics Officiating	<b>Trampolining</b> Back drop  Extension Adding in half and full turns and seat drops
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.

<b>Dance:</b> Relationships Space Time Jumps/Leaps  Extensions: Basic turns	<b>Orienteering and Problem Solving</b> Risk factors around school Route planning Catching points Developing own games  Extension Co-ordinates Score calculating	<b>Athletics</b> Dip finishes Relay changeovers Time/distance keeping Lane rules  Extension: Starting races	<b>Cross Country</b> Sprint finishes  Extension: Tactical awareness	<b>Exercising Safely</b> Plyometric training Diet/calorie awareness Strength training Recovery techniques  Extension: Planning training programmes Progressive overload
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes				
<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in a student devised routine.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	<b>Assessment Method:</b> In lesson assessments observing students ability to perform skills in competition across a range of athletic activities..	<b>Assessment Method:</b> In lesson observing student's ability to perform in competition noting time and performance.	<b>Assessment Method:</b> In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

Year 10 POS X						
Week Commencing			Boys 1	Boys 2	Girls	Mixed
5th Sept	1	1	Handball	Tennis	Football	Volleyball
12th Sept	3	1	Handball	Tennis	Football	Volleyball
19th Sept	4	2	Handball	Tennis	Football	Volleyball
26th Sep	5	1	Handball	Tennis	Netball	Netball
3rd Oct	6	2	Badminton	Table Tennis	Netball	Netball
10th Oct	7	1	Badminton	Table Tennis	Netball	Netball
HALF TERM						
31st Oct	9	2	Badminton	Table Tennis	Netball	Netball
7th Nov	10	1	ES	ES	Orienteering/ P	Trampolining
14th Nov	11	2	ES	ES	Orienteering/ P	Trampolining
21st Nov	12	1	ES	ES	Orienteering/ P	Trampolining
28th Nov	13	2	Table Tennis	Orienteering/ P	Badminton	ES
5th Dec	14	1	Table Tennis	Orienteering/ P	Badminton	ES
12th Dec	15	2	Table Tennis	Orienteering/ P	Badminton	ES
19th Dec	16	1	House Games			
XMAS						
2nd Jan	1	2	Football	Badminton	Trampolining	Handball
9th Jan	2	1	Football	Badminton	Trampolining	Handball
16th Jan	3	2	Football	Badminton	Trampolining	Handball
23th Jan	4	1	Football	Football	Table Tennis	Badminton
30th Jan	5	2	Orienteering/ P	Football	Table Tennis	Badminton
6th Feb	6	1	Orienteering/ P	Football	Table Tennis	Badminton
HALF TERM						
20th Feb	7	2	Orienteering/ P	Handball	ES	Table Tennis
27th Feb	8	1	Orienteering/ P	Handball	ES	Table Tennis
6th March	9	2	Basketball	Handball	ES	Table Tennis
13th March	10	1	Basketball	Trampolining	Handball	Orienteering/ PS
20th March	11	2	Basketball	Trampolining	Handball	Orienteering/ PS
27th March	12	1	Basketball	Trampolining	Handball	Orienteering/ PS
EASTER HOLIDAYS						
17th April	1	2	Track	Track	Track	Field
24th April	2	1	Track	Track	Track	Field
1st May	3	2	Field	Field	Field	Track
8th May	4	1	Cricket	Softball	Rounders	Rounders
15th May	5	2	Cricket	Softball	Rounders	Rounders
22nd May	6	1	Cricket	Softball	Rounders	Rounders
HALF TERM						
5th June	7	2	Tennis	Cricket	Softball	Softball
12th June	8	1	Tennis	Cricket	Softball	Softball
19th June	9	2	Tennis	Cricket	Softball	Softball
26th June	10	1	Trampolining	Basketball	Volleyball	Tennis
3rd July	11	2	Trampolining	Basketball	Volleyball	Tennis
10th July	12	1	Trampolining	Basketball	Volleyball	Tennis
17th July	13	2	House Games			

## Year 10X Pathways

Year 10Y POS						
Week Commencing		Boys 1	Boys 2	Girls 1	Girls 2	
5th Sept	1	1	Handball	Tennis	Football	Volleyball
12th Sept	3	1	Handball	Tennis	Football	Volleyball
19th Sept	4	2	Handball	Tennis	Football	Volleyball
26th Sep	5	1	Handball	Tennis	Netball	Netball
3rd Oct	6	2	Badminton	Table Tennis	Netball	Netball
10th Oct	7	1	Badminton	Table Tennis	Netball	Netball
HALF TERM						
31st Oct	9	2	Badminton	Table Tennis	Netball	Netball
7th Nov	10	1	ES	ES	Orienteering/ PS	Trampolining
14th Nov	11	2	ES	ES	Orienteering/ PS	Trampolining
21st Nov	12	1	ES	ES	Orienteering/ PS	Trampolining
28th Nov	13	2	Table Tennis	Orienteering/ P	Badminton	ES
5th Dec	14	1	Table Tennis	Orienteering/ P	Badminton	ES
12th Dec	15	2	Table Tennis	Orienteering/ P	Badminton	ES
19th Dec	16	1	House Games			
XMAS						
2nd Jan	1	2	Football	Badminton	Trampolining	Handball
9th Jan	2	1	Football	Badminton	Trampolining	Handball
16th Jan	3	2	Football	Badminton	Trampolining	Handball
23th Jan	4	1	Football	Football	Table Tennis	Badminton
30th Jan	5	2	Orienteering/ PS	Football	Table Tennis	Badminton
6th Feb	6	1	Orienteering/ PS	Football	Table Tennis	Badminton
HALF TERM						
20th Feb	7	2	Orienteering/ PS	Handball	ES	Table Tennis
27th Feb	8	1	Orienteering/ PS	Handball	ES	Table Tennis
6th March	9	2	Basketball	Handball	ES	Table Tennis
13th March	10	1	Basketball	Trampolining	Handball	Orienteering/ PS
20th March	11	2	Basketball	Trampolining	Handball	Orienteering/ PS
27th March	12	1	Basketball	Trampolining	Handball	Orienteering/ PS
EASTER HOLIDAYS						
17th April	1	2	Track	Track	Track	Field
24th April	2	1	Track	Track	Track	Field
1st May	3	2	Field	Field	Field	Track
8th May	4	1	Cricket	Softball	Rounders	Rounders
15th May	5	2	Cricket	Softball	Rounders	Rounders
22nd May	6	1	Cricket	Softball	Rounders	Rounders
HALF TERM						
5th June	7	2	Tennis	Cricket	Softball	Softball
12th June	8	1	Tennis	Cricket	Softball	Softball
19th June	9	2	Tennis	Cricket	Softball	Softball
26th June	10	1	Trampolining	Basketball	Volleyball	Tennis
3rd July	11	2	Trampolining	Basketball	Volleyball	Tennis
10th July	12	1	Trampolining	Basketball	Volleyball	Tennis
17th July	13	2	House Games			

## Year 10Y Pathways

# YEAR: 11

<b>Rugby:</b> Conversion kicking Running lines Back move development	<b>Handball:</b> Refereeing Coaching Looping	<b>Netball:</b> Tactics/team strategies Role of umpire/coaching One handed receptions	<b>Football:</b> Refereeing Coaching	<b>Alternative Team Games</b> Coaching Officiating	<b>Badminton</b> Doubles formations Smash return Jump smash Officiating
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.
<b>Tennis</b> Selection of shot Disguising shots	<b>Table Tennis</b> Officiating Disguising shots	<b>Trampolining</b> Advanced skills Linking drops Front somersault			
Key Concepts	Key Concepts	Key Concepts			
Key Themes					
Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.			

<b>Dance:</b> Basic turns Choreography Developing motif	<b>Orienteering and Problem Solving</b> Co-ordinates Score calculating	<b>Cross Country</b> Tactical awareness	<b>Exercising Safely</b> Planning training programmes Progressive overload
Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes			
Assessment Method: In lesson assessment lesson observing students ability to perform skills in a student devised routine.	Assessment Method: In lesson assessment lesson observing students ability to perform skills in open and closed situations as well as in competition.	Assessment Method: In lesson observing student's ability to perform in competition noting time and performance.	Assessment Method: In lesson assessment lesson observing students ability to perform skills and demonstrate knowledge of the activity.

Year 11 POS					
Week Commencing			Boys	Girls	Mixed
5th Sept	1	1	Handball	Netball	Table Tennis
12th Sept	3	1	Handball	Netball	Table Tennis
19th Sept	4	2	Handball	Netball	Table Tennis
26th Sep	5	1	Handball	Netball	Table Tennis
3rd Oct	6	2	Handball	Netball	Table Tennis
10th Oct	7	1	Handball	Netball	Table Tennis
HALF TERM					
31st Oct	9	2	ES	Trampolining	ES
7th Nov	10	1	ES	Trampolining	ES
14th Nov	11	2	ES	Trampolining	ES
21st Nov	12	1	ES	Trampolining	Volleyball
28th Nov	13	2	ES	Trampolining	Volleyball
5th Dec	14	1	ES	Trampolining	Volleyball
12th Dec	15	2	ES	Trampolining	Volleyball
19th Dec	16	1	House Games		
XMAS					
2nd Jan	1	2	Football	Badminton	ES
9th Jan	2	1	Football	Badminton	ES
16th Jan	3	2	Football	Badminton	ES
23th Jan	4	1	Football	Table Tennis	Badminton
30th Jan	5	2	Football	Table Tennis	Badminton
6th Feb	6	1	Football	Table Tennis	Badminton
HALF TERM					
20th Feb	7	2	Basketball	ES	Trampolining
27th Feb	8	1	Basketball	ES	Trampolining
6th March	9	2	Basketball	ES	Trampolining
13th March	10	1	Basketball	ES	Trampolining
20th March	11	2	Basketball	ES	Trampolining
27th March	12	1	Basketball	ES	Trampolining
EASTER HOLIDAYS					
17th April	1	2	Multi Activities	Multi Activities	Multi Activities
24th April	2	1	Multi Activities	Multi Activities	Multi Activities
1st May	3	2	Multi Activities	Multi Activities	Multi Activities
8th May	4	1	Multi Activities	Multi Activities	Multi Activities
15th May	5	2	Multi Activities	Multi Activities	Multi Activities
22nd May	6	1	Multi Activities	Multi Activities	Multi Activities
HALF TERM					
5th June	7	2	Multi Activities	Multi Activities	Multi Activities
12th June	8	1	Multi Activities	Multi Activities	Multi Activities
19th June	9	2	Multi Activities	Multi Activities	Multi Activities
26th June	10	1	Multi Activities	Multi Activities	Multi Activities
3rd July	11	2	Multi Activities	Multi Activities	Multi Activities
10th July	12	1	Multi Activities	Multi Activities	Multi Activities
17th July	13	2	House Games		

## Year 11 Pathways