

KS4 Core PE

During the academic year students will take part in a variety of sporting activities depending on groupings and availability of facilities.

KEY STAGE 4 – AUTUMN TERM

Year 10

	WK1	WK2	WK3	WK4	WK5	WK6
	Football					
Content	To be able to perform defensive skills. i.e. jockeying, closing down and channeling play, and getting goal-side. To understand the benefits of strategic and tactical approach to defending.	To be able to outwit opponents using dummies & fakes at speed and with accuracy. To understand the importance of width and playing into space in order to attack. To understand the need to commit defender and use options available.	To understand and perform attacking principles and strategies found in football e.g. the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents.	To perform necessary skills and techniques to attack from set plays and corners and outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies.	To perform crosses using varying height, speed and positioning. To develop creativity in developing new strategies from set plays in attack.	To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	Netball					
Content	To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To demonstrate a clear knowledge & understanding of netball rules.	To be able to outwit opponents using a variety of passes with accuracy and timing. To develop & refine strategic and tactical play and adapt ideas based on successful outcomes. To be able to make decisions about sending and receiving the ball into a space.	To effectively develop defensive marking techniques off the ball – defending the circle using correct body and arm position. To accurately replicate set plays from the centre circle to outwit opponents. To be able to adapt set patterns of play if needed depending on previous outcomes.	To outwit opposition when applying defending principles and when devising game plans. To replicate advanced defensive skills on and off the ball in practice and within the game (awareness of opponents direction of positioning & eye contact)	To be able to select advanced tactics to outwit opposition. To be able to evaluate tactical outcomes and consider how to improve performance. To adapt game plans in response to the opposition and the state of the game. To develop & refine set plays from the sideline.	To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams. The pupils are to develop their knowledge and understanding of the rules in netball.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – AUTUMN TERM

Year 10

	WK1	WK2	WK3	WK4	WK5	WK6
	Basketball					
Content	To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play	To be able to perform strategies for attack. <i>i.e. screens, posts</i> . To understand the benefits of strategic and tactical approach to attacking. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.	To understand and perform attacking principles and strategies found in basketball e.g. the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents.	To perform necessary skills and techniques to attack from set plays to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies	To perform defensive strategies including man to man and zone. To develop creativity in developing new strategies from set plays in attack. To understand techniques to stop opponents outwitting them and accurately replicate.	To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	Badminton					
Content	To be able to set up and remove equipment. To be able to demonstrate & use the correct grip and use of basic shots. To appreciate how to outwit opponents with movement of the shuttle. To understand the value of co-operation & teamwork.	To perform and replicate overhead clear with control, power and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate learnt shots in a small sided game implementing strategies and tactics.	To know and understand the rules of service. To be able to accurately replicate short and long serves. To outwit opponents using a variety of serves based on opposition's strength. To develop strategic and tactical play during a rally. To confidently score a game of singles.	To be able to accurately replicate backhand clear shot. To understand the importance of movement and preparation for an effective connection. To develop accuracy in shuttle direction. To develop understanding of how to adjust shot selection based on opponents positioning.	To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To develop teamwork and cooperation skills.	To develop their knowledge and understanding of the rules in badminton. To know and understand the importance of communicating and identifying opponents strengths and weaknesses.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – AUTUMN TERM

Year 11

	WK1	WK2	WK3	WK4	WK5	WK6
	Football					
Content	To be able to perform basic skills to retain ball possession. To understand the benefits of strategic and tactical approaches to outwit the opponent. To appreciate the need to make adjustments and adaptations when performing in order to beat the opposition.	To be able to outwit opponents using dummies & fakes at speed and with accuracy. To understand the importance of width and playing into space in order to attack.	To understand and perform attacking principles and strategies found in football e.g. shooting low and with accuracy. To be able to perform angled shots to outwit opponents and disguise attacking strategies.	To create and run small sided games in a tournament format. Pupils will make decisions and plan tournament layout encouraging creativity.	To understand the importance of effective communication with others. To create and run small sided games in a tournament format.	To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	Netball					
Content	To demonstrate control and accuracy of passing and catching. To implement accurate footwork, contact and obstruction rules during a game. To be able to catch the ball from a variety of situations with improved technique and greater consistency.	To be able to make decisions about sending and receiving the ball into a space, positioning themselves intelligently to receive a pass. To be able to outwit opponents using a variety of passes including the running pass.	To demonstrate good positioning whilst dodging to allow effective attacking strategies. To develop attacking dodges to receive the ball. To explore ideas, concepts of attacking play when in space and with ball possession including set plays from the sideline.	To effectively develop defensive marking techniques off the ball – defending the circle using correct body and arm position. To accurately replicate set plays from the centre circle to outwit opponents. To be able to adapt set patterns of play if needed depending on previous outcomes.	To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To demonstrate a clear knowledge & understanding of netball rules.	To develop knowledge of team roles including that of team captain. Development of on the court team 'plays' from the sideline. Pupils to improve their tactical awareness (positioning players during the game). To analyse techniques relating it to the perfect model.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – AUTUMN TERM

Year 11

	WK1	WK2	WK3	WK4	WK5	WK6
	Basketball					
Content	To perform advanced shooting techniques to outwit opposition. To understand the benefits of strategic and tactical approaches to outwit the opponent. To appreciate the need to make adjustments and adaptations when performing in order to beat the opposition.	To be able to perform basic skills to retain ball possession. To be able to outwit opponents using dummies, fakes & screens at speed and with accuracy. To understand the importance of angled passes and driving into space in order to attack.	To understand and perform attacking principles and strategies found in basketball e.g. shot selection and effective decision making in a game situation.	To create and run small sided games in a tournament format. Pupils will make decisions and plan tournament layout encouraging creativity.	To understand the importance of effective communication with others. To create and run small sided games in a tournament format.	To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	Badminton					
Content	To perform and replicate a range of badminton shots with control, power and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To identify and use opponents weaknesses with movement of the shuttle.	To be able to accurately replicate the correct service technique. To outwit opponents using a variety of serves based on tactical awareness. To develop strategic and tactical play during a rally. To confidently score a game of double.	To know and understand the need to place shuttle in areas of court based on opposition movement. To be able to accurately replicate a range of shots to outwit opponents. To develop strategic and tactical play during a rally.	To be able to accurately replicate shots based on a tactical knowledge. To understand the importance of attacking and defensive formations to outwit opposition. To develop accuracy in shuttle direction.	To play, score, umpire and operate mini leagues with greater confidence and competence. To understand the importance of effective communication with others. To create and run & umpire small sided games in a tournament format.	To play, score, umpire and operate mini leagues with greater confidence and competence. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SPRING TERM

Year 10

	WK1	WK2	WK3	WK4	WK5	WK6
FOOTBALL						
Content	To be able to perform defensive skills. i.e. jockeying, closing down and channeling play, and getting goal-side. To understand the benefits of strategic and tactical approach to defending.	To be able to outwit opponents using dummies & fakes at speed and with accuracy. To understand the importance of width and playing into space in order to attack. To understand the need to commit defender and use options available.	To understand and perform attacking principles and strategies found in football e.g. the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents.	To perform necessary skills and techniques to attack from set plays and corners and outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies.	To perform crosses using varying height, speed and positioning. To develop creativity in developing new strategies from set plays in attack.	To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
BASKETBALL						
Content	To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play	To be able to perform strategies for attack. <i>i.e. screens, posts.</i> To understand the benefits of strategic and tactical approach to attacking. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.	To understand and perform attacking principles and strategies found in basketball e.g. the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents. To appreciate the tactical benefits of using space and providing a chance to analyse performances.	To perform necessary skills and techniques to attack from set plays to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies	To perform defensive strategies including man to man and zone. To develop creativity in developing new strategies from set plays in attack. To understand techniques to stop opponents outwitting them and accurately replicate.	To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SPRING TERM

Year 10

	WK1	WK2	WK3	WK4	WK5	WK6
BADMINTON						
Content	To be able to set up and remove equipment. To be able to demonstrate & use the correct grip and use of basic shots. To appreciate how to outwit opponents with movement of the shuttle. To understand the value of co-operation & teamwork.	To perform and replicate overhead clear with control, power and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate learnt shots in a small sided game implementing strategies and tactics. To understand court markings and basic scoring.	To know and understand the rules of service. To be able to accurately replicate short and long serves. To outwit opponents using a variety of serves based on opposition's strength. To develop strategic and tactical play during a rally. To confidently score a game of singles.	To be able to accurately replicate backhand clear shot. To understand the importance of movement and preparation for an effective connection. To develop accuracy in shuttle direction. To develop understanding of how to adjust shot selection based on opponents positioning. To understand badminton court markings.	To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To develop teamwork and cooperation skills.	To develop their knowledge and understanding of the rules in badminton. To know and understand the importance of communicating and identifying opponent's strengths and weaknesses. To be able to communicate, rotate and use their strengths to beat opposition.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
TABLE TENNIS						
Content	To be able to perform basic push shot using the correct grip and technique. To appreciate how to outwit opponents with movement of the ball & spin. To understand the value of co-operation & teamwork. To understand the scoring and rules of double game play.	To be able to accurately replicate topspin shot. To describe and confidently understand the effect of topspin on a balls flight & bounce. To begin to develop strategic and tactical play during a rally. To begin to analyse opponents weaknesses & devise strategies to exploit them.	To be able to accurately replicate a slice shot. To develop an understanding of shot selection based on oppositions movement. To confidently describe the effect of slice on the balls flight & bounce. To be able to analyse opponents performances and suggest ways to improve	To perform and replicate a legal serve with control, accuracy & variation. To begin to develop the use of spin on service. To develop the skill of outwitting an opponent using disguise of shot. To be able to accurately replicate shots in a small sided game implementing strategies and tactics to gain an advantage. To confidently score and officiate a doubles game.	To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending. To develop teamwork and cooperation skills	To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending. To develop teamwork and cooperation skills.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SPRING TERM

Year 10

	WK1	WK2	WK3	WK4	WK5	WK6
	HOCKEY					
Content	To demonstrate effective and efficient passing and receiving. To accurately replicate strong and weak side dribbling. To be able to dribble the ball with fluency, control and speed in a small sided game with the intention of outwitting opponents.	To understand and demonstrate the ability to beat defensive players. To use information gained on opponents to influence play and tactical ideas. To develop the ability to outwit opponents using passing and receiving in attacking strategies.	To accurately replicate tackling techniques to dispossess opposition. To understand when to use the appropriate tackling technique in a game. To use guided discovery to evaluate tactics and compositional ideas when producing effective tackles	To develop and demonstrate set plays. To explore, plan & implement tactics and strategies from restarts/set plays. To perform an effective hit and push shot incorporating strategies for shooting to produce a successful outcome.	To demonstrate the ability to adapt from attacking to defensive roles when necessary. To evaluate how to develop and improve own particular role within a game. To know and understand the basic positions in hockey + associated roles.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to demonstrate their knowledge and understanding of the rules in hockey + officiating.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	HEALTH RELATED FITNESS					
Content	To accurately replicate the techniques at each station. To sustain performance over 2 sets. Pupils understand factors related to circuit training and the planning of required for this method of training (i.e. order of stations). To develop an understand of overload and how this might be achieved.	To accurately replicate skill and health related fitness tests. To understand the relationship between test scores and strengths as a performer. To develop an understanding of the effects of exercise on systems of the body.	To perform and accurately replicate various aerobic techniques. To combine a range of sequenced skills to raise heart rate. To understand the immediate changes to the body as a result of a sustained aerobic performance	To learn about the different method of training and the relevant energy systems. To appreciate the difference between each method and develop knowledge of the principles of training.	Accurately replicate the correct technique for a range of muscle groups. To understand the ratio of weight to reps to improve muscular strength and endurance. To understand the recovery time needed depending on work intensity.	To accurately replicate a sustained running technique for 12 minutes. To understand the aerobic system and recognize relevant heart rate range to be working in. To understand the relationship between heart rate recovery and fitness level. Be aware of own fitness level.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SPRING TERM

Year 11

	WK1	WK2	WK3	WK4	WK5	WK6
	TABLE TENNIS					
Content	To be able to perform basic push shot using the correct grip and technique. To appreciate how to outwit opponents with movement of the ball & spin. To understand the value of co-operation & teamwork. To understand the scoring and rules of double game play.	To be able to accurately replicate topspin shot. To describe and confidently understand the effect of topspin on a balls flight & bounce. To begin to develop strategic and tactical play during a rally. To begin to analyse opponents weaknesses & devise strategies to exploit them.	To be able to accurately replicate a slice shot. To develop an understanding of shot selection based on oppositions movement. To confidently describe the effect of slice on the balls flight & bounce. To be able to analyse opponents performances and suggest ways to improve	To perform and replicate a legal serve with control, accuracy & variation. To begin to develop the use of spin on service. To develop the skill of outwitting an opponent using disguise of shot. To be able to accurately replicate shots in a small sided game implementing strategies and tactics to gain an advantage..	To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending. To develop teamwork and cooperation skills	To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	HEALTH RELATED FITNESS					
Content	To accurately replicate the techniques at each station. To sustain performance over 2 sets. Pupils understand factors related to circuit training and the planning of required for this method of training (i.e. order of stations). To develop an understand of overload and how this might be achieved.	To accurately replicate skill and health related fitness tests. To understand the relationship between test scores and strengths as a performer. To develop an understanding of the effects of exercise on systems of the body.	To perform and accurately replicate various aerobic techniques. To combine a range of sequenced skills to raise heart rate. To understand the immediate changes to the body as a result of a sustained aerobic performance	To learn about the different method of training and the relevant energy systems. To appreciate the difference between each method and develop knowledge of the principles of training.	Accurately replicate the correct technique for a range of muscle groups. To understand the ratio of weight to reps to improve muscular strength and endurance. To understand the recovery time needed depending on work intensity.	To accurately replicate a sustained running technique for 12 minutes. To understand the aerobic system and recognize relevant heart rate range to be working in. To understand the relationship between heart rate recovery and fitness level. Be aware of own fitness level.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SPRING TERM

Year 11

	WK1	WK2	WK3	WK4	WK5	WK6
	BADMINTON					
Content	To be able to set up and remove equipment. To be able to demonstrate & use the correct grip and use of basic shots. To appreciate how to outwit opponents with movement of the shuttle. To understand the value of co-operation & teamwork.	To perform and replicate overhead clear with control, power and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate learnt shots in a small sided game implementing strategies and tactics. To understand court markings and basic scoring.	To know and understand the rules of service. To be able to accurately replicate short and long serves. To outwit opponents using a variety of serves based on opposition's strength. To develop strategic and tactical play during a rally. To confidently score a game of singles.	To be able to accurately replicate backhand clear shot. To understand the importance of movement and preparation for an effective connection. To develop accuracy in shuttle direction. To develop understanding of how to adjust shot selection based on opponents positioning. To understand badminton court markings.	To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To develop teamwork and cooperation skills.	To develop their knowledge and understanding of the rules in badminton. To know and understand the importance of communicating and identifying opponents' strengths and weaknesses. To be able to communicate, rotate and use their strengths to beat opposition.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SUMMER TERM

Year 10

	WK1	WK2	WK3	WK4	WK5	WK6
	CRICKET					
Content	To accurately replicate a full range fielding techniques in response to a competitive match. To understand the slip positioning, their role and importance of reaction time. To make accurate decision about outwitting opponents as batsmen or fielders. To play a full game in while applying successful strategies.	To incorporate pace and spin into bowling delivery maintaining control & accuracy. To understand how spin is created and the difference between wrist and finger spin. To understand the effect it will have on the ball's bounce. To apply to a competitive match and outwit fielders with ball placement.	To accurately replicate the straight bat drive. To attempt to use the straight drive in a competitive game with control and timing. To encourage quick decision making in order to outwit fielders or a batsman. To develop leadership skills as a batting pair during game situation.	Batting - pull shot To encourage movement and timing to produce an effective batting execution. To understand and correctly perform pull shot. To attempt to use pull shot in a game situation. To understand umpire signals and bowling infringements.	Competitive matches To accurately replicate a full range cricket techniques in response to situations arising for a competitive match. To make accurate decision about outwitting opponents as a batsmen or a fielder. To play a full game in while applying successful strategies.	Role of umpire/coaching To demonstrate the ability to outwit an opponent in a match using the appropriate skills. To be able to identify faults/weaknesses in peers' technique. To be able to offer informed feedback regarding peers' play and suggest ways of improving both technique/tactics.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	ROUNDERS					
Content	Fielding fundamentals To accurately replicate fielding skills and use effectively in a game. To develop communication skills, teamwork through rounders game play. To develop creative thinking & outwitting opponents with the placement of the ball. To understand the components of fitness for rounders.	To develop strategic placement of the ball when batting. To execute and analyse batting technique and the use of power and placement. To understand rules surrounding batting and bowling and use of umpire calls. To understand the importance of fitness & encourage positive choices about healthy lifestyles.	To accurately replicate, execute and analyse a legal bowling technique. To demonstrate bowling, batting, fielding technique into a full game of rounders. To understand rules involving bowling. i.e. not stepping out of box. To develop the ability to recognise opposition strengths and weaknesses.	To demonstrate knowledge of the roles for different fielding positions. To use field positioning to outwit batting team. To refine tactics and game strategies to improve team performances.	To develop and replicate skills within the game situation with the intention of outwitting opponents. To develop the ability to become a reflective learner & provide evaluations of strength and weaknesses in pupil performances.	Competitive matches To accurately replicate a full range of rounders techniques in a competitive match. To develop knowledge of fielding positions and the correct terminology used. To correctly umpire and score a game of rounders. To appreciate the benefits gained for exercise in the form of a rounders game.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SUMMER TERM

Year 10

	WK1	WK2	WK3	WK4	WK5	WK6
	ATHLETICS					
Content	To accurately replicate sprinting technique from a sprint start. To improve overall performance/recorded times. To use peer assessment to improve performance. To understand the different phases of a race. To appreciate how athletics can promote a healthy and active lifestyle.	To accurately replicate and maintain an effective running technique. To use the skill of pacing to complete an 800m race to best of potential. To record and organise pupils' times. To evaluate self-performance against previous bests.	To accurately replicate the technique for long/triple jump. To perform and record the distance achieved. To adhere to the competition rules. To use bounding techniques and basic 'plyometrics training'. To set an achievable goal and meet it.	To perform and accurately replicate the glide technique for shotput. To correctly record distance achieved. To understand all competition shot putt rules. To breakdown, adapt and refine individual elements of the full technique.	To perform and accurately replicate the technique for javelin using a 3 or 5 stride run up. To develop teamwork and communication skills through peer coaching. To record distance achieved. To understand all javelin competition rules.	To accurately replicate the Fosbury flop technique. To understand the rules regarding take off and competition. To record the height achieved. To use ICT to help improve performance. To develop the ability to be a reflective learner.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SUMMER TERM

Year 11

	WK1	WK2	WK3	WK4	WK5	WK6
	CRICKET					
Content	To accurately replicate a full range fielding techniques in response to a competitive match. To understand the slip positioning, their role and importance of reaction time. To make accurate decision about outwitting opponents as batsmen or fielders. To play a full game in while applying successful strategies.	To incorporate pace and spin into bowling delivery maintaining control & accuracy. To understand how spin is created and the difference between wrist and finger spin. To understand the effect it will have on the balls bounce. To apply to a competitive match and outwit fielders with ball placement.	To accurately replicate the straight bat drive. To attempt to use the straight drive in a competitive game with control and timing. To encourage quick decision making in order to outwit fielders or a batsman. To develop leadership skills as a batting pair during game situation.	Batting- pull shot To encourage movement and timing to produce an effective batting execution. To understand and correctly perform pull shot. To attempt to use pull shot in a game situation. To understand umpire signals and bowling infringements.	Competitive matches To accurately replicate a full range cricket techniques in response to situations arising for a competitive match. To make accurate decision about outwitting opponents as a batsmen or a fielder. To play a full game in while applying successful strategies.	Role of umpire/coaching To demonstrate the ability to outwit an opponent in a match using the appropriate skills. To be able to identify faults/weaknesses in peers' technique. To be able to offer informed feedback regarding peers play and suggest ways of improving both technique/tactics.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

	WK1	WK2	WK3	WK4	WK5	WK6
	ROUNDERS					
Content	Fielding fundamentals To accurately replicate fielding skills and use effectively in a game. To develop communication skills, teamwork through rounders game play. To develop creative thinking & outwitting opponents with the placement of the ball. To understand the components of fitness for rounders.	To develop strategic placement of the ball when batting. To execute and analyse batting technique and the use of power and placement. To understand rules surrounding batting and bowling and use of umpire calls. To understand the importance of fitness & encourage positive choices about healthy lifestyles.	To accurately replicate, execute and analyse a legal bowling technique. To demonstrate bowling, batting, fielding technique into a full game of rounders. To understand rules involving bowling. i.e. not stepping out of box. To develop the ability to recognise opposition strengths and weaknesses.	To demonstrate knowledge of the roles for different fielding positions. To use field positioning to outwit batting team. To refine tactics and game strategies to improve team performances.	To develop and replicate skills within the game situation with the intention of outwitting opponents. To develop the ability to become a reflective learner & provide evaluations of strength and weaknesses in pupil performances.	Competitive matches To accurately replicate a full range of rounders techniques in a competitive match. To develop knowledge of fielding positions and the correct terminology used. To correctly umpire and score a game of rounders. To appreciate the benefits gained for exercise in the form of a rounders game.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

KEY STAGE 4 – SUMMER TERM

Year 11

	WK1	WK2	WK3	WK4	WK5	WK6
	ATHLETICS					
Content	To accurately replicate sprinting technique from a sprint start. To improve overall performance/recorded times. To use peer assessment to improve performance. To understand the different phases of a race. To appreciate how athletics can promote a healthy and active lifestyle.	To accurately replicate and maintain an effective running technique. To use the skill of pacing to complete an 800m race to best of potential. To record and organise pupils' times. To evaluate self-performance against previous bests.	To accurately replicate the technique for long/triple jump. To perform and record the distance achieved. To adhere to the competition rules. To use bounding techniques and basic 'plyometrics training'. To set an achievable goal and meet it.	To perform and accurately replicate the glide technique for shotput. To correctly record distance achieved. To understand all competition shot putt rules. To breakdown, adapt and refine individual elements of the full technique.	To perform and accurately replicate the technique for javelin using a 3 or 5 stride run up. To develop teamwork and communication skills through peer coaching. To record distance achieved. To understand all javelin competition rules.	To accurately replicate the Fosbury flop technique. To understand the rules regarding take off and competition. To record the height achieved. To use ICT to help improve performance. To develop the ability to be a reflective learner.
Assessment	Diagnostic feedback given as part of group work and drills in lessons. This feedback will be used to refine technique such as skill selection and body position.					Teacher assessment of skill application. Core assessment task to be completed in this lesson.
Home LEARNING	Home learning is to encourage students to take part in extracurricular activities offered by school.					

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