

Key Stage 4 CORE PE Curriculum Plan

KS4 Curriculum Intent - To ensure we equip our students with the tools necessary to both understand and lead a Healthy Active Lifestyle whilst learning about contemporary issues in sport and how the body functions during exercise.

Year 10 LTP

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit covered	Pathway one - football/netball	Pathway one Basketball/handball	Pathway one Rugby/hockey dance	Pathway one handball/football	Pathway one Athletics/Cricket	Pathway one Cricket/athletics
5575754	Pathway two Dance/ invasion game Pathway Three- Alternative fitness/fitness	Pathway two Individual sport/gymnastic activities Pathway Three Fitness/dance	Pathway two Invasion sport/fitness Pathway Three Individual sport/invasion game	Pathway two fitness/dance Pathway Three Invasion game/individual game	Pathway two Athletics/Striking and fielding Pathway Three Alternative fitness/striking and fielding	Pathway two Striking and fielding/athletics Pathway Three Striking and fielding/alternative fitness
Focus	P1 - Use and develop a variety of tactics to overcome opponents. P2 - develop technique and performance in dance Use of tactics and strategies in invasion games P3 - Developing personal fitness using alternative fitness activities. Evaluation of personal performance.	P1 - Use and develop a variety of tactics to overcome opponents. P2 - develop technique and performance in gymnastic activities. Use of tactics and strategies in individual games. P3- Developing personal fitness in fitness suite / developing technique and performance in dance. Evaluation of personal performance.	P1 - Use and develop a variety of tactics to overcome opponents. Develop technique and performance in dance. P2 - Use of tactics and strategies in invasion games. Developing personal fitness in fitness suite P3 -Use and develop a variety of tactics to overcome opponents in team and individual games. Evaluation of personal performance.	P1 - Use and develop a variety of tactics to overcome opponents. P2 - develop technique and performance in dance. Developing personal fitness in fitness suite P3 - Use and develop a variety of tactics to overcome opponents in team and individual games. Evaluation of personal performance.	P1 - Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities. P2 - Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities P3 - Use of tactics and strategies in games. Developing personal fitness. Evaluation of personal performance.	P1 -Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities. P2 - Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities P3 - Use of tactics and strategies in games. Developing personal fitness. Evaluation of personal performance.
Interleaving	Developing tactics /strategies across different games.	Developing tactics /strategies across different games.	Developing tactics /strategies across different games.	Developing tactics /strategies across different games.	Developing tactics /strategies across different games.	Developing tactics /strategies across different games activities



Implementing fitness knowledge into different forms of fitness. Use of choreography to improve performance Implementing fitness knowledge into different forms of fitness. Use of choreography to improve performance Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance

Year 11 LTP

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit covered	P1 - Athletics/Invasion games P2 - Invasion Games/Individual games P3 - Fitness	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.
Focus	P1 -Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities. P2 - Use of tactics and strategies in invasion games and individual games. P3 - Developing personal fitness using alternative fitness activities. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.
Interleaving	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness. Develop technique to improve in athletic activities.	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance