



## 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
<b>Unit covered</b>	<p>Pathway one - Football/Netball</p> <p>Pathway two Dance/ Invasion game</p> <p>Pathway Three Alternative Fitness/Fitness</p>	<p>Pathway One - Basketball/Handball</p> <p>Pathway Two Individual Sport/Gymnastic Activities</p> <p>Pathway Three Fitness/Dance</p>	<p>Pathway One - Hockey/Dance</p> <p>Pathway Two - Invasion Sport/Fitness</p> <p>Pathway Three - Individual Sport/Invasion Game</p>	<p>Pathway One - Handball/Football</p> <p>Pathway Two Fitness/Dance</p> <p>Pathway Three Invasion Game/Individual game</p>	<p>Pathway One Athletics/Cricket</p> <p>Pathway Two Athletics/Striking and Fielding</p> <p>Pathway Three Alternative Fitness/Striking and Fielding</p>	<p>Pathway One Cricket/Softball/Athletics</p> <p>Pathway Two Striking and Fielding/Athletics</p> <p>Pathway Three Striking and Fielding/Alternative fitness</p>
<b>Focus</b>	<p>P1 - Use and develop a variety of tactics to overcome opponents.</p> <p>P2 - develop technique and performance in dance Use of tactics and strategies in invasion games</p> <p>P3 - Developing personal fitness using alternative fitness activities. Evaluation of personal performance.</p>	<p>P1 - Use and develop a variety of tactics to overcome opponents.</p> <p>P2 - develop technique and performance in gymnastic activities. Use of tactics and strategies in individual games.</p> <p>P3- Developing personal fitness in fitness suite / developing technique and performance in dance. Evaluation of personal performance.</p>	<p>P1 - Use and develop a variety of tactics to overcome opponents. Develop technique and performance in dance.</p> <p>P2 - Use of tactics and strategies in invasion games. Developing personal fitness in fitness suite</p> <p>P3 -Use and develop a variety of tactics to overcome opponents in team and individual games. Evaluation of personal performance.</p>	<p>P1 - Use and develop a variety of tactics to overcome opponents.</p> <p>P2 - develop technique and performance in dance. Developing personal fitness in fitness suite</p> <p>P3 - Use and develop a variety of tactics to overcome opponents in team and individual games. Evaluation of personal performance.</p>	<p>P1 - Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities.</p> <p>P2 - Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities</p> <p>P3 - Use of tactics and strategies in games. Developing personal fitness. Evaluation of personal performance.</p>	<p>P1 -Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities.</p> <p>P2 - Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities</p> <p>P3 - Use of tactics and strategies in games. Developing personal fitness. Evaluation of personal performance.</p>

<b>Interleaving</b>	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	Implementing fitness knowledge into different forms of fitness

### Year 11 LTP

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>
<b>Unit covered</b>	Pathway one - Football/Netball  Pathway two Dance/ Invasion game  Pathway Three Alternative Fitness/Fitness	Pathway One - Basketball/Handball  Pathway Two - Individual Sport/Gymnastic Activities  Pathway Three Fitness/Dance	Pathway One - Hockey/Dance  Pathway Two - Invasion Sport/Fitness  Pathway Three - Individual Sport/Invasion Game	Pathway One - Handball/Football  Pathway Two - Fitness/Dance  Pathway Three - Invasion Game/Individual game	Pathway One - Athletics/Cricket  Pathway Two - Athletics/Striking and Fielding  Pathway Three - Alternative Fitness/Striking and Fielding
<b>Focus</b>	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.	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.

<b>Interleaving</b>	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
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