

# Curriculum Intent for PE

## Subject Overview & Curriculum intent

PE and School Sport play a major part in life at Todmorden High School and we pride ourselves on supporting every student and their personal development. As such, we have a specialist team of staff who dedicate themselves to improving the performance and knowledge of our students, from our elite standard athletes who are performing at representative level to those who simply enjoy physical activity and the unquestionable benefits it provides.

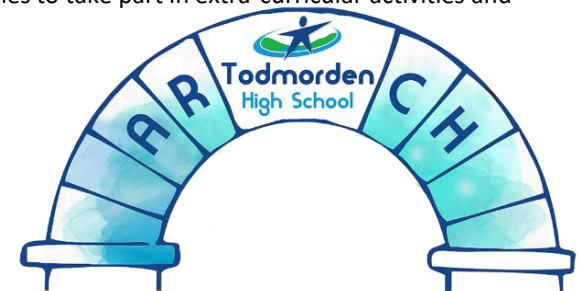
The intent of PE within the curriculum at Todmorden High School is primarily to promote a healthy active lifestyle, a lifelong passion for sport and for all students to recognise the importance of being physically active as a driver to boost self-esteem, building character and general well-being.

We realise that students are all at different stages of their physical development and therefore the curriculum is adapted accordingly. Ultimately, lessons are designed to maximise participation and motivate, as well as develop a positive, persevering and growth mind set whatever the ability level of the student.

Initially, in Key Stage 3, there is a strong focus on mastering core physical education skills, towards a mastery of more complex skills. In Key Stage 4, greater focus is placed on developing tactical understanding of a range of sports to broaden their knowledge. The ultimate goal is that students become competent and confident enough to take on leadership roles and responsibilities in sport and PE that would replicate career roles in a working environment, such as sports analysts, sport scientists and teachers or coaches.

The PE curriculum includes a range of sports. It is sequential in that sports are revisited year on year, with clear themes identified in similar sports. Explicit links are made between the different sports and consistently build on prior knowledge. Crucial key course content in Key Stage 4 exam PE features in Key Stage 3 lessons, so that students who decide to take PE as an option at Key Stage 4, already have a sound understanding of some of the theory content.

Lastly, the PE provision at Todmorden High School promotes sporting excellence, with the intent to provide clear pathways beyond school for students who are talented or keen to seek careers in sport. To supplement this, students also have multiple opportunities to take part in extra-curricular activities and challenges as well as external fixtures.



## Year 10

- Pupils will develop skills on how to exercise for fitness and the impact upon health and wellbeing of students. Pupils will be introduced to a range of exercise opportunities which students may partake in outside the PE curriculum and post 16. Activities such as Weight training, circuit training, fartlek training/running, Exercise classes such as HIIT, Zumba, CrossFit, step, aerobics, Yoga etc.
- Pupils will continue to work on their sporting performance – aim to further develop skill, competency and tactical awareness in competitive environments.
- Pupils will be given the opportunity to play sports and be active for enjoyment. Secondary aim to introduce a further breadth to the curriculum via emerging sports to inspire students to be active for enjoyment and find a suitable activity for lifelong participation. Activities such as 5 a side football, ultimate frisbee, bench ball, handball, badminton, unihoc etc.
- Pupils will further develop their leadership skills in the form of coaching, officiating and competition development. Aim is to equip students with skills and confidence to move into coaching/officiating as well as develop key transferable skills that are essential in all walks of life and career paths. Activities would include – officiating games, organising competitions for peers, coaching peers in sports such as football, badminton, netball, basketball, table tennis, handball, bench ball etc.







## Year 11



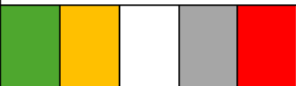



- Pupils will further develop skills on how to exercise for fitness and the impact upon health and wellbeing of students. Pupils will be introduced to a range of exercise opportunities which students may partake in outside the PE curriculum and post 16. Activities such as Weight training, circuit training, fartlek training/running, Exercise classes such as HIIT, Zumba, CrossFit, step, aerobics, Yoga etc.
- Pupils will continue to work on improving their sporting performance – aim to further develop skill, competency and tactical awareness in competitive environments.
- Pupils will be given further opportunities to play sports and be active for enjoyment. Secondary aim to introduce a further breadth to the curriculum via emerging sports to inspire students to be active for enjoyment and find a suitable activity for lifelong participation. Activities such as 5 a side football, ultimate frisbee, bench ball, handball, badminton, unihoc etc.
- Pupils will further develop their leadership skills in the form of coaching, officiating and competition development. Aim is to equip students with skills and confidence to move into coaching/officiating as well as develop key transferable skills that are essential in all walks of life and career paths. Activities would include – officiating games, organising competitions for peers, coaching peers in sports such as football, badminton, netball, basketball, table tennis, handball, bench ball etc.

**Threshold concepts in PE**

<b>Outwitting opponents</b>	<b>Analysing performance</b>	<b>Performing in competitive sports</b>	<b>Developing creativity skills</b>	<b>Leadership skills &amp; teamwork</b>	<b>Developing skills techniques and tactics</b>
<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>

**KS4 PE**

<b>Y10</b>	<b>Football &amp; Netball</b>	<b>Basketball &amp; Fitness</b>	<b>Badminton &amp; table tennis</b>	<b>Fitness &amp; Basketball</b>	<b>Cricket, Rounders &amp; Softball</b>	<b>Athletics</b>
						

<b>Y11</b>	<b>Football &amp; Netball</b>	<b>Basketball &amp; Fitness</b>	<b>Table tennis &amp; hockey</b>	<b>OAA &amp; Dance</b>	<b>Cricket, Rounders &amp; Softball</b>	<b>Athletics</b>
						

## KS4 Core PE

# Autumn term

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

W/C 11.9.23

W/C 18.9.23

W/C 25.9.23

W/C 2.10.23

W/C 9.10.23

W/C 16.10.23

YEAR 10

## Football

Lesson	1	2	3	4	5	6
<b>Content</b>	<b>The Defensive Role</b>	<b>The Attacking Role</b>	<b>The Use of Wide Play</b>	<b>Defending and Attacking Corners</b>	<b>Set Pieces</b>	<b>The Role of the Referee</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will work in groups, taking on a range of roles and responsibilities to help each other prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and detailed decision making.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

## Netball

Lesson	1	2	3	4	5	6
<b>Content</b>	<b>Attacking principles</b>	<b>Outwitting opposition</b>	<b>Defending principles</b>	<b>Defending principles</b>	<b>Tactics/team strategies</b>	<b>Role of umpire/coaching</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare a mini competition and compete in it. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

YEAR 10

W/C 6.11.23

W/C 13.11.23

W/C 20.11.23

W/C 27.11.23

W/C 4.12.23

W/C 11.12.23

Basketball						
Lesson	1	2	3	4	5	6
<b>Content</b>	<b>The use of reverse and left hand lay ups</b>	<b>Strategies for attack</b>	<b>Develop shooting– Jump shots/free throws</b>	<b>The attacking role</b>	<b>The defensive role</b>	<b>The Role of the Referee</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Basketball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					
Badminton						
Lesson	1	2	3	4	5	6
<b>Content</b>	<b>Recap Badminton Basics</b>	<b>Develop Overhead Clear</b>	<b>Serves – Short &amp; Long</b>	<b>Backhand Clear</b>	<b>Doubles and singles game play</b>	<b>Doubles and singles game play</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare mini tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

# KEY STAGE 4 - AUTUMN TERM

W/C 11.9.23

W/C 18.9.23

W/C 25.9.23

W/C 2.10.23

W/C 9.10.23

W/C 16.10.23

YEAR II

## Football

Lesson	1	2	3	4	5	6
<b>Content</b>	<b>Keeping Possession</b>	<b>Ball control</b>	<b>Shooting</b>	<b>Organising a Small Sided Tournament</b>	<b>Organising a Small Sided Tournament</b>	<b>Refereeing</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will work in groups, taking on a range of roles and responsibilities to help each other prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and detailed decision making.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

## Netball

Lesson	1	2	3	4	5	6
<b>Content</b>	<b>Passing, control and footwork</b>	<b>Passing &amp; use of space</b>	<b>Attacking play</b>	<b>Defending principles</b>	<b>Attacking principles</b>	<b>Analysis of performance</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Accurate replication of individual skills and transfer of these into a game situation. Development of skills and tactics to enable candidates to perform in relation to the GCSE assessment criteria. Pupils will focus on developing advanced skills and apply them in game situations in order to outwit opponents. Use of tactical knowledge will be developed. Pupils should be provided the opportunity to be assessed in an official or coaching capacity.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

YEAR II

W/C 6.11.23

W/C 13.11.23

W/C 20.11.23

W/C 27.11.23

W/C 4.12.23

W/C 11.12.23

<b>Basketball</b>						
Lesson	1	2	3	4	5	6
<b>Content</b>	<b>Shooting techniques</b>	<b>Ball control</b>	<b>Tactics and analysis of strengths</b>	<b>Organising a Small Sided Tournament</b>	<b>Organising a Small Sided Tournament</b>	<b>Game Situations &amp; Refereeing</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Basketball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

<b>Badminton</b>						
Lesson	1	2	3	4	5	6
<b>Content</b>	<b>Recap range of shots</b>	<b>Serves</b>	<b>Tactics and analysis of strengths</b>	<b>Doubles and singles tactics</b>	<b>Organising a Small Sided Tournament</b>	<b>Organising a Small Sided Tournament</b>
<b>Learning objectives</b>	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 understand the value of co-operation & teamwork.	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 be able to accurately score and officiate a game of doubles.	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 evaluate own strengths of performance and suggest a weakness to improve.	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 understand singles game badminton court markings and to confidently score a game.	Able 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 reinforce their understanding and knowledge of outwitting strategies during game play.	Able 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. To develop their knowledge and understanding of the rules in badminton.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. To aim to improve technique or/and develop new techniques, dependent on individual ability. Pupils will prepare tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities. To develop a deeper understanding about healthy lifestyles and fitness.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Badminton. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					



## KS4 Core PE

# Spring term

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

YEAR 10	Football					
Lesson	1	2	3	4	5	6
Content	<b>The Defensive Role</b>	<b>The Attacking Role</b>	<b>The Use of Wide Play</b>	<b>Defending and Attacking Corners</b>	<b>Set Pieces</b>	<b>The Role of the Referee</b>
Learning objectives	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.
Aims	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will work in groups, taking on a range of roles and responsibilities to help each other prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and detailed decision making.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

	Basketball					
Lesson	1	2	3	4	5	6
Content	<b>The use of reverse and left hand lay ups</b>	<b>Strategies for attack</b>	<b>Develop shooting– Jump shots/free throws</b>	<b>The attacking role</b>	<b>The defensive role</b>	<b>The Role of the Referee</b>
Learning objectives	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.
Aims	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Basketball. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

**KEY STAGE 4 - SPRING TERM**

**YEAR 10**

**Badminton**

<b>Lesson</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Content</b>	<b>Recap Badminton Basics</b>	<b>Develop Overhead Clear</b>	<b>Serves – Short &amp; Long</b>	<b>Backhand Clear</b>	<b>Doubles and singles game play</b>	<b>Doubles and singles game play</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare mini tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in badminton. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

**Table tennis**

<b>Lesson</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Content</b>	<b>Recap push shot &amp; game play</b>	<b>Backhand/forehand topspin</b>	<b>Slice</b>	<b>Serve</b>	<b>Doubles and singles game play</b>	<b>Doubles and singles game play</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will develop the use of attacking and defensive tactics.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

## KEY STAGE 4 - SPRING TERM

YEAR 10

Hockey						
Lesson	1	2	3	4	5	6
Content	<b>Fundamentals-dribbling/passing/receiving</b>	<b>Use of space/attacking principles</b>	<b>Defending/tackling</b>	<b>Shooting/set plays</b>	<b>Positioning/formations</b>	<b>Assessment</b>
<b>Learning objectives</b>	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. Analyse performance and adapt strategies within a game.	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 understand the fitness needs of hockey players.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in hockey + officiating. To demonstrate the ability to evaluate performances and suggest ways to improve.
<b>Aims</b>	Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques.					
<b>Assessment &amp; homework</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in hockey. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

### Health related fitness

Lesson	1	2	3	4	5	6
Content	<b>Circuit Training</b>	<b>Components of skill related fitness</b>	<b>Aerobics</b>	<b>Methods of training</b>	<b>To understand of principles related to weight training,</b>	<b>Continuous Training – Cooper test</b>
<b>Learning objectives</b>	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 affects 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.
<b>Aims</b>	Pupils will accurately replicate individual technique and apply theoretical concepts into practice. Development and demonstration of these fitness techniques will be seen through circuits, aerobics, weight and continuous training.					
<b>Assessment &amp; homework</b>	Pupils will complete core task at the end of the unit as well as being continually assessed through the fitness tests. Homework will be set in line with the school homework calendar.					

# KEY STAGE 4 - SPRING TERM

YEAR II	Table tennis					
Lesson	1	2	3	4	5	6
Content	Recap push shot & game play	Backhand/forehand topspin	Slice	Serve	Doubles and singles game play	Doubles and singles game play
Learning objectives	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.
Aims	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will develop the use of attacking and defensive tactics.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Table Tennis. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

Health related fitness						
Lesson	1	2	3	4	5	6
Content	Circuit Training	Components of skill related fitness	Aerobics	Methods of training	To understand of principles related to weight training,	Continuous Training – Cooper test
Learning objectives	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 affects 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.
Aims	Pupils will accurately replicate individual technique and apply theoretical concepts into practice. Development and demonstration of these fitness techniques will be seen through circuits, aerobics, weight and continuous training.					
Assessment & homework	Pupils will complete core task at the end of the unit as well as being continually assessed through the fitness tests. Homework will be set in line with the school homework calendar.					

Lesson	1	2	3	4	5	6
Content	Recap Badminton Basics	Develop Overhead Clear	Serves – Short & Long	Backhand Clear	Doubles and singles game play	Doubles and singles game play
Learning objectives	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.
Aims	Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare mini tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team.					
Assessment & homework	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in badminton. Q & A, Formative and summative assessment. Pupils will complete core task at the end of the unit. Homework will be set in line with the school homework calendar.					

## KS4 Core PE

# Summer term

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

**KEY STAGE 4 - SUMMER TERM**

**YEAR 10**

<b>Cricket</b>						
<b>Lesson</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Content</b>	<b>Fielding/Slip catching</b>	<b>Development of bowling</b>	<b>Batting- straight drive</b>	<b>Batting- pull shot</b>	<b>Competitive matches</b>	<b>Role of umpire/coaching</b>
<b>Learning objectives</b>	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. To begin to coach each other and suggest ways to improve technique	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, & suggest ways of improving both technique/tactics.
<b>Aims</b>	In this unit pupils will focus on developing more advanced skills and apply them in match in order to outwit opposition. Pupils will develop the execution of techniques for batting, bowling and fielding.					
<b>Assessment &amp; homework</b>	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

<b>Rounders</b>						
<b>Lesson</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Content</b>	<b>Fielding fundamentals</b>	<b>Batting</b>	<b>Bowling</b>	<b>Positional roles</b>	<b>Tactical ideas and concepts</b>	<b>Assessment</b>
<b>Learning objectives</b>	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.
<b>Aims</b>	In this unit pupils will focus on developing more advanced skills and apply them in match in order to outwit opposition. Pupils will develop the execution of techniques for batting, bowling and fielding.					
<b>Assessment &amp; homework</b>	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					



YEAR 10	Athletics					
Lesson	1	2	3	4	5	6
<b>Content</b>	<b>Sprint running (100/200/400m)</b>	<b>Middle distance running – 800m</b>	<b>Long jump/Triple jump</b>	<b>Shot putt</b>	<b>Javelin</b>	<b>High jump</b>
<b>Learning objectives</b>	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 shot putt. 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.
<b>Aims</b>	Pupils will enhance the replication and performance across all disciplines. They will work in groups and take on a range of roles and responsibilities to ensure competitions are organised well and performance is good. Pupils will engage in performing and improving their skills, personal and collective bests in relation to speed, height, distance and accuracy.					
<b>Assessment &amp; homework</b>	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

## KEY STAGE 4 - SUMMER TERM

YEAR II	Cricket					
Lesson	1	2	3	4	5	6
Content	Fielding/Slip catching	Development of bowling	Batting- straight drive	Batting- pull shot	Competitive matches	Role of umpire/coaching
Learning objectives	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. To begin to coach each other and suggest ways to improve technique	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, & suggest ways of improving both technique/tactics.
Aims	In this unit pupils will focus on developing more advanced skills and apply them in match in order to outwit opposition. Pupils will develop the execution of techniques for batting, bowling and fielding.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

YEAR II	Rounders					
Lesson	1	2	3	4	5	6
Content	Fielding fundamentals	Batting	Bowling	Positional roles	Tactical ideas and concepts	Assessment
Learning objectives	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.
Aims	In this unit pupils will focus on developing more advanced skills and apply them in match in order to outwit opposition. Pupils will develop the execution of techniques for batting, bowling and fielding.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					

YEAR II	Athletics					
Lesson	1	2	3	4	5	6
Content	<b>Sprint running (100/200/400m)</b>	<b>Middle distance running – 800m</b>	<b>Long jump/Triple jump</b>	<b>Shot putt</b>	<b>Javelin</b>	<b>High jump</b>
Learning objectives	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 shot putt. 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.
Aims	Pupils will enhance the replication and performance across all disciplines. They will work in groups and take on a range of roles and responsibilities to ensure competitions are organised well and performance is good. Pupils will engage in performing and improving their skills, personal and collective bests in relation to speed, height, distance and accuracy.					
Assessment & homework	Q & A, Formative and summative assessment. Homework will be set in line with the school homework calendar.					