

Long Term Plan

PE

KS4 (Year 10 and Year 11)

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Subject intent/vision:

To provide opportunities for all students, regardless of their ability, to inspire, challenge and achieve in a range of different sporting activities.

In PE we aim to create students that can:

- physically meet the demands of the environment
- make good tactical/compositional decisions when faced with different scenarios
- apply themselves in the theory of physical education.
- confidently lead others in a variety of different situations.
- make healthy decisions around lifelong lifestyle

To enable all students to achieve, our subject curriculum is underpinned by the following principles:



Ambitious -Offer a range of sports/ activities so that students can learn and lead to gain knowledge and confidence in our subject, life long .



Sequenced / Spiral - Focus on activities throughout the five year journey so students will build on the foundations put in place year after year.



Literacy -To build students specific vocabulary in PE so they can broaden their oracy and leadership skills



Cultural Capital - We attempt to give students as many opportunities as possible through team fixtures and PE related trips and visits.

Long term plan:

From September 2026: KS4 PE Programme of Study (Year 11)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Analyse and evaluate performance to identify strengths, areas for development, and strategies for improvement using feedback, observation, and self-reflection. Select and apply appropriate skills, tactics, and strategies to solve problems, adapt to changing game situations, and outwit opponents in both individual and team sports. Recall, apply, and communicate knowledge of rules, techniques, tactics, and principles of play to make informed decisions and improve performance. Demonstrate effective decision-making by adapting skills and tactics during competition to meet the demands of different opponents and environments. Plan, organise, and lead sporting events by communicating effectively, managing teams, officiating where appropriate, and demonstrating leadership, responsibility, and teamwork.		Reflect on individual and team performance to set meaningful targets, improve future performances, and support the learning and development of others through sport. Select and apply appropriate skills, tactics, and strategies during performance to respond to changing game situations, solve challenges, and outwit opponents in a range of individual and team sports. Plan, organise, and lead sporting events by demonstrating effective communication, teamwork, leadership, organisation, and responsibility, ensuring activities are safe, inclusive, and enjoyable for all participants.		Develop a lifelong enjoyment of sport and physical activity by building confidence, motivation, and positive experiences that encourage regular participation, healthy habits, and sustained engagement in active lifestyles.	
Football, Netball, Trampoline, Fitness ,Basketball, Attitude to learning grade given each data drop		Table tennis, Badminton, Volleyball, Fitness , Athletics, cricket Attitude to learning grade given each data drop		Exams	Exams

From September 2026: KS4 PE Programme of Study (Year 10)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Observe and evaluate performance to identify strengths, areas for development, and strategies for improvement using feedback, observation, and self-reflection. Apply appropriate skills, and tactics, to solve problems, adapt to changing situations, and outwit opponents in both individual and team sports. Retrieve, apply, and communicate knowledge of rules, techniques, tactics, and principles of play to make informed decisions and improve performance. Demonstrate decision-making by adapting skills and tactics during competition to meet the demands of different opponents and environments. Plan, organise, and lead sporting events by communicating effectively, managing teams, officiating where appropriate, and demonstrating leadership, responsibility, and teamwork.	Reflect on individual and team performance to set meaningful targets, improve future performances, and support the learning and development of others through sport. Select and apply appropriate skills, tactics, and strategies during performance to respond to changing game situations, solve challenges, and outwit opponents in a range of individual and team sports. Develop planning and organising to lead sporting events by demonstrating effective communication, teamwork, leadership, organisation, and responsibility, ensuring activities are safe, inclusive, and enjoyable for all participants..	Reflect on individual and team performance to set meaningful targets, improve future performances, and support the learning and development of others through sport. Select and apply appropriate skills, tactics, and strategies to solve problems, adapt to changing game situations, and outwit opponents in both individual and team sports. Reflect on individual and team performance to set meaningful targets, improve future performances, and support the learning and development of others through sport. Develop a lifelong enjoyment of sport and physical activity by building confidence, motivation, and positive experiences that encourage regular participation, healthy habits, and sustained engagement in active lifestyles.			
Football, Netball, Basketball Fitness , volleyball Attitude to learning grade given each data drop	Badminton, Trampoline, Basketball. Attitude to learning grade given each data drop			Athletics (100m, 200m, relay, 800m, 1500m, high jump, javelin, discus, shot) Striking and fielding (rounders/ cricket/ softball). Attitude to learning grade given each data drop	

Learning Resources:

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://www.teachpe.com/>

<https://revisionworld.com/gcse-revision/pe-physical-education/past-papers>

<https://theeverlearner.com/>