



# PE Department Curriculum Plan 2024/2025

## Key Stage 4 Overview

|                                                                                                                                                       | Autumn (September-December)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Spring 1 (January-April)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Summer (April-July)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <p><b>Year10</b></p> <p><b>‘Me in PE’</b></p> <p>Students will engage on a personalised pathway either:: Competitive, Recreational or Leadership.</p> | <p><b>Netball-</b> Set plays, movement patterns and refinement of basic netball skills through TGFU.</p> <p><b>Fitness:</b> Continue to develop understanding of the social, physical and emotional benefits of exercise. Engage in a variety of fitness disciplines such as boxercise, yoga and aerobics.</p> <p><b>Football-</b> Refine skills and decisions.</p> <p><b>Badminton-</b> Refinement of advanced and basic techniques. Opponent movement and tactical decisions within singles and doubles game play.</p> <p><i>Students' personal pathway selections will involve similar sports, but tailored to different levels of technical challenge and competitive intensity.</i></p> | <p><b>Trampolining:</b> Refine basic movement shapes and routines. Introduction to advanced twists and advanced rotations.</p> <p><b>Hockey:</b> The unit addresses the fundamental skills of Hockey such as stick control, passing and tackling and applies them in set plays and competitive situations.</p> <p><b>Orienteering/Leadership Skills:</b> Activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p><b>Volleyball:</b> Introduction to basic techniques including Dig, Set, Serving and Spike.</p> <p><b>Gaelic Football:</b> Introduction to basic technique and rules. Implementing rules into basic game play.</p> | <p><b>Athletics:</b>Refinement of all track and field disciplines. Running, jumping and throwing techniques.</p> <p><b>Softball:</b> Introduction to the rules of Softball and softball equipment. Refinement of throwing and catching.</p> <p><b>Tennis:</b> Stroke refinement, shot placement and introduction to officiating. Doubles game play.</p> <p><b>Table Tennis:</b> Students will develop their control, using effective technique to develop power, topspin and backspin in their play. They will understand how more complex shots are executed accurately to move an opponent and outwit.</p> <p><b>Cricket-</b> Students will refine their batting and shot placement, deliver a variety of bowling techniques and begin to officiate.</p> |

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|  |  | <p><b>Boxercise:</b> Basic technique of hook, jab, cross and upper cut introduced through fitness circuit and routines.</p> <p><b>Alternative games-</b> Introduction to basic technique and rules. Implementing rules into basic game play.</p> <p><i>Students' personal pathway selections will involve similar sports, but tailored to different levels of technical challenge and competitive intensity.</i></p> | <p><i>Students' personal pathway selections will involve similar sports, but tailored to different levels of technical challenge and competitive intensity.</i></p> |
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| <p><b>Year 11</b></p> <p><b>'Lifelong participation in sport and physical activity'</b></p> <p><b>Students will have an element of autonomy and choice.</b></p> | <p>Across all three terms, students will engage in a variety of team and individual sports ranging from traditional to alternative games. Students will embed their knowledge of rules, techniques, problem solving and tactical awareness to engage in game play to promote confidence and lifelong participation in sport and physical activity.</p> <p>Netball</p> <p>Football</p> <p>Handball</p> <p>Alternative games- Korbball, Kinball, Spikeball, Pickleball, Goalball, Frisbee.</p> <p>Gaelic Football</p> <p>Trampolining</p> <p>Gymnastics</p> <p>Fitness- Training methods, boxercise, yoga, aerobics.</p> <p>Softball</p> <p>Rounders</p> <p>Cricket</p> <p>Hockey</p> <p>Table Tennis</p> <p>Volleyball.</p> |
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