

KS4 Core PE Curriculum

Y10							
	Boys 1	Boys 2	Boys 3	Boys 4	Girls 1	Girls 2	Girls 3
Half Term 1	Team Games	Team Games Rugby	Individual Games Table Tennis	Individual Games Badminton/ Table Tennis	Team Games Netball/ Football	Personal Fitness	Team Games
Half Term 2	Team Games	Individual Games Badminton/ Table Tennis	Team Games Football	Personal Fitness	Personal Fitness	Team Games Netball	Other Competitive Sports
Half Term 3	Personal Fitness	Team Games Football	Team Games Rugby	Team Games Handball	Individual Games Badminton	Other Competitive Sports Trampolining	Individual Games
Half Term 4	Individual Games	Personal Fitness	Personal Fitness	Team Games Tag Rugby	Other Competitive Sports	Individual Games Badminton	Personal Fitness
Half Term 5	Other Competitive Sports (Athletics)	Other Competitive Sports (Athletics)	Other Competitive Sports (Athletics)	Other Competitive Sports (Badminton)	Other Competitive Sports (Athletics)	Other Competitive Sports (Athletics)	Other Competitive Sports (Athletics)
Half Term 6	Team Games (Striking & Field)	Team Games (Striking & Field)	Team Games (Striking & Field)	Team Games & Other Competitive Sports (Striking & Field & Athletics)	Team Games (Striking & Field)	Team Games (Striking & Field)	Team Games (Striking & Field)
Y11							
	Boys 1	Boys 2	Boys 3	Girls 1	Girls 2	Girls 3	Girls 4
Half Term 1	Tuesday – Individual Games Thursday – Team Games	Tuesday – Other Competitive Sports Thursday – Team Games	Tuesday – Personal Fitness Thursday – Team Games	Tuesday – Team Games Thursday – Other Competitive Sports	Tuesday – Team Games Thursday – Other Competitive Sports	Tuesday – Personal Fitness Thursday – Individual Games	Tuesday – Personal Fitness Thursday – Individual Games
Half Term 2	Tuesday – Personal Fitness Thursday –	Tuesday – Individual Games Thursday –	Tuesday – Other Competitive Sports	Tuesday – Team Games Thursday –	Tuesday – Personal Fitness Thursday –	Tuesday – Team Games Thursday –	Tuesday – Team Games Thursday –

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	Personal Fitness	Personal Fitness	Thursday – Team Games	Individual Games	Individual Games	Other Competitive Sports	Other Competitive Sports
Half Term 3	Tuesday – Other Competitive Sports Thursday – Team Games	Tuesday – Personal Fitness Thursday – Team Games	Tuesday – Individual Games Thursday – Personal Fitness	Tuesday – Personal Fitness Thursday – Individual Games	Tuesday – Team Games Thursday – Other Competitive Sports	Tuesday – Team Games Thursday – Other Competitive Sports	Tuesday – Personal Fitness Thursday – Team Games
Half Term 4	<b>Optional choice:</b> Students select to take part in 2 optional blocks. This is to enable students get to experience their own personal activity choice in preparation for lifelong participation.						
Half Term 5	Options include: Badminton, Trampolining, Aerobics (personal fitness), Rounders, Table Tennis, Football, Netball, Rugby – activities will depend on students uptake. A student voice conducted in Jan of Y11 enables PE staff to cater for most popular sports.						
Half Term 6							