



# KS4 Curriculum Content

**PE**

<b>Year 10</b>	Half Term 1 September - October	Half Term 2 October - December	Half Term 3 January - February
	<b>Option 1 Swimming</b> <b>Option 2 Badminton</b> <b>Option 3 Football</b> <b>Option 4 Volleyball</b> <b>Option 5 Basketball</b> <b>Option 6 Table Tennis</b>	<b>Option 1 Trampoline</b> <b>Option 2 Rugby</b> <b>Option 3 Football</b> <b>Option 4 Badminton</b> <b>Option 5 Basketball</b> <b>Option 6 Dance</b>	<b>Option 1 Football</b> <b>Option 2 Table Tennis</b> <b>Option 3 Basketball</b> <b>Option 4 Fitness</b> <b>Option 5 Trampoline</b> <b>Option 6 Netball</b>
Vocabulary Links	cranium vertebrae scapula humerus sternum femur tibia fibula cartilage ligaments hinge joint ball and socket joint patella	capillaries arteries veins atria ventricles systole diastole oxygenated deoxygenated cardiac output aorta	intercostals inspiration expiration aerobic anaerobic lactic acid trachea alveoli
AQA Assessment Objectives	<p><b><u>SKILLS</u></b></p> <p>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p>	<p><b><u>SKILLS</u></b></p> <p>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p>	<p><b><u>SKILLS</u></b></p> <p>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p>

	<p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>
<b>Year 10</b>	Half Term 4 February – March	Half Term 5 April - May	Half Term 6 June - July
	<p><b>Option 1 Table Tennis</b></p> <p><b>Option 2 Badminton</b></p> <p><b>Option 3 Alternative Sports</b></p> <p><b>Option 4 Fitness /Dance</b></p> <p><b>Option 5 Trampoline</b></p> <p><b>Option 6 Swimming</b></p>	<p><b>Option 1 Alternative Sports</b></p> <p><b>Option 2 Striking and Fielding</b></p> <p><b>Option 3 Athletics</b></p> <p><b>Option 4</b></p> <p><b>Option 5</b></p> <p><b>Option 6</b></p>	<p><b>Option 1 Tennis</b></p> <p><b>Option 2 Striking and Fielding</b></p> <p><b>Option 3 Athletics</b></p> <p><b>Option 4</b></p> <p><b>Option 5</b></p> <p><b>Option 6</b></p>
Vocabulary Links	specificity frequency	sprain strain	basic skill complex skill

	intensity time type individual needs progressive overload	concussion fracture abrasion RICE	open skill closed skill gross skill fine skill
AQA Assessment Objectives	<p><b><u>SKILLS</u></b></p> <p>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p>	<p><b><u>SKILLS</u></b></p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p><b><u>SKILLS</u></b></p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>

	Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score		
<b>Year 11</b>	Half Term 1 September - October	Half Term 2 October - December	Half Term 3 January - February
	<b>Option 1 Swimming</b> <b>Option 2 Badminton</b> <b>Option 3 Football</b> <b>Option 4 Volleyball</b> <b>Option 5 Basketball</b> <b>Option 6 Table Tennis</b>	<b>Option 1 Trampoline</b> <b>Option 2 Rugby</b> <b>Option 3 Football</b> <b>Option 4 Badminton</b> <b>Option 5 Basketball</b> <b>Option 6 Dance</b>	<b>Option 1 Football</b> <b>Option 2 Table Tennis</b> <b>Option 3 Basketball</b> <b>Option 4 Dance</b> <b>Option 5 Trampoline</b> <b>Option 6 Basketball</b>
Vocabulary Links	agility balance cardiovascular endurance coordination flexibility muscular endurance explosive strength reaction time strength Illinois agility speed	passing dribbling shooting intercepting tackling feint dodge tactics defending opponent stretching warm up cool down	vitamins minerals dehydration carbohydrate protein fibre fat sedentary diabetes self-esteem obesity
AQA Assessment Objectives	<p>use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p>	<p>use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which</p>	<p>use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which</p>

	<p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>
<b>Year 11</b>	Half Term 4 February – March	Half Term 5 April - May	
	<p><b>Option 1 Badminton</b></p> <p><b>Option 2 Table Tennis</b></p> <p><b>Option 3 Football</b></p> <p><b>Option 4</b></p> <p><b>Option 5</b></p> <p><b>Option 6</b></p>	<p><b>Option 1 OPEN</b></p> <p><b>Option 2 OPEN</b></p> <p><b>Option 3 OPEN</b></p> <p><b>Option 4</b></p> <p><b>Option 5</b></p> <p><b>Option 6</b></p>	
Vocabulary Links	deltoid pectorals biceps triceps abdominals	circuit training weight training heart rate continuous training interval training	

	<p>gluteals hamstrings quadriceps gastrocnemius</p>		
<p>AQA Assessment Objectives</p>	<p>use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be</p>	<p>use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><b><u>ASSESSMENT</u></b></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	

	combined and averaged to give the student an overall Physical Education Assessment Score		
--	--	--	--