

KS4 Physical Education Curriculum Plan 2014-15

4 hours per fortnight Year 9

3 hours per fortnight in Year 10 and Year 11.

Full details of the units:

Topic	Content summary
Year 9	
Football	Students will be able to develop their personal levels of fitness through football. Students will be able to combine simple skills into more complex ones and use them to outwit their opponents. In addition tactics and rules will be further embedded and applied consistently to a game scenario.
Rugby	Students will be able to develop their personal levels of fitness through rugby. Students will be able to combine simple skills into more complex ones and use them to outwit their opponents. In addition tactics and rules will be further embedded and applied consistently to a game scenario.
Badminton	Students will apply a variety of shots some of which can be modified at will. They will have a strong understanding of tactics and rules and be able attempt to apply them consistently to a game scenario.
Swimming	Students will refine their strokes and in addition develop skills to assist in water safety and lifesaving.
Athletics	Students will have an understanding of their strengths and how they can best apply them to a range of athletic events from the track and field programme.
Rounders	Students will be given the opportunity to develop their striking and fielding skills within this module They will have an understanding of performance and how they can apply tactics to maximise the opportunity of a desired result.
Cricket	Students will be given the opportunity to develop their striking and fielding skills within this module. They will have an understanding of performance and how they can apply tactics to maximise the opportunity of a desired result.
Tennis	Students will apply a variety of shots some of which can be modified at will. They will have a strong understanding of tactics and rules and be able attempt to apply them consistently to a game scenario.
Netball	Students will be able to develop their personal levels of fitness through netball. Students will be able to combine simple skills into more complex ones and use them to outwit their opponents. In addition tactics and rules will be further embedded and applied consistently to a game scenario.
Leadership	Students will be given the opportunity to plan lead and evaluate leading a group of individuals. Students will develop a range of control strategies and be able to demonstrate how to adapt practices to suit meet the individual needs of others.
Year 10	Students are given the opportunity to focus on a pathway.
Performance	To focus on improving and refining skills at an elite level. This pathway is particularly suitable for those following the GCSE pathway or involved in school teams. Students can also test themselves against those of a similar skill level.
Recreation	For those wanting to play games with less focus on skill development. For those looking to participate against people of a similar skill level. To enjoy playing games and improving fitness through recreational activities.

Lifestyle	To participate in a range of health and fitness related activities. To explore a variety of activities widely available in the community which promotes lifelong opportunities to maintain a healthy lifestyle.
Year 11	Students are given the opportunity to focus on a pathway.
Performance	To focus on improving and refining skills at an elite level. This pathway is particularly suitable for those following the GCSE pathway or involved in school teams. Students can also test themselves against those of a similar skill level.
Recreation	For those wanting to play games with less focus on skill development. For those looking to participate against people of a similar skill level. To enjoy playing games and improving fitness through recreational activities.
Lifestyle	To participate in a range of health and fitness related activities. To explore a variety of activities widely available in the community which promote lifelong opportunities to maintain a healthy lifestyle.

