

# KS4 Long Term Plan 2022-2023

## Subject: PE (Physical Education)



### Curriculum Statement of Intent

We recognise the importance of Physical Education and the role it has to play in promoting long term healthy lifestyles while making a positive impact on physical, mental and social health. We prepare students for their future by equipping them with the knowledge to lead a physically and mentally healthy and active lifestyle. We provide a broad and balanced curriculum which will engage, inspire, challenge and motivate students, whilst building confidence and self-esteem as well as the skills to enhance their personal development. Students learn how to lead and manage their own learning through a varied selection of sports and activities.

### Curriculum Statement of Implementation

Pupils following the Core PE route continue to follow a broad curriculum designed to further engender encouragement to participate in Sport and Physical Activity for life long physical, social and emotional well-being. All students engage in a core PE programme. Within Core PE, students are taught the tactical aspects of the various sports so that they are able to build on the fundamental skills they have learnt in KS3 PE. A focus on participation is facilitated through more complex and demanding physical activities. Students are given more choice about the activities they participate in with the aim of enriching attitudes towards physical activity and sport and encouraging lifelong participation.

Students are consolidating skills and developing more advanced techniques and tactics in Key Stage 4. Students are given options in year 10 and 11 that encourage them to take responsibility for their own participation by allowing individuals to further develop their understanding and practical abilities in their areas of interest. This is a key moment in a student's life to encourage lifelong participation or ensure that students have the skills to access sport and physical activity when they leave.

Each Student will pick a strand – will have to complete that sport/activity for that block

Term	Topics Covered (6 hours on each activity)	Skills/AOs/interleaved content	Assessment (Date and nature of assessment)
Yr 10 Autumn 1	<p><b>Strand 1:</b> Gymnastics/Trampolining Fitness</p> <p><b>Strand 2:</b> Fitness Gymnastics/Trampolining</p> <p><b>Strand 3:</b> Badminton Netball</p> <p><b>Strand 4:</b> Rugby Football</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance</p> <p>Accurate replication of actions, phrases, and sequences - trampolining activities; the ability to repeat actions, phrases, and sequences of movement as perfectly as possible.</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&amp;A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health &amp; fitness is included in <b>every PE lesson</b>. Students will take fitness tests at the beginning of every term to monitor fitness.</p>

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Yr 10 Autumn 2	<p><b>Strand 1:</b> Table Tennis Badminton</p> <p><b>Strand 2:</b> Badminton Table Tennis</p> <p><b>Strand 3:</b> Football Handball</p> <p><b>Strand 4:</b> Handball Basketball</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance</p> <p>Accurate replication of actions, phrases, and sequences - trampolining activities; the ability to repeat actions, phrases, and sequences of movement as perfectly as possible.</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&amp;A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health &amp; fitness is included in <b>every PE lesson</b>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>
Yr 10 Spring 1	<p><b>Strand 1:</b> Dance Fitness</p> <p><b>Strand 2:</b> Football OAA</p> <p><b>Strand 3:</b> Fitness Volleyball</p> <p><b>Strand 4:</b> Volleyball Badminton</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance</p> <p>Accurate replication of actions, phrases, and sequences - trampolining activities; the ability to repeat actions, phrases, and sequences of movement as perfectly as possible.</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&amp;A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health &amp; fitness is included in <b>every PE lesson</b>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>

<p>Yr 10 Spring 2</p>	<p><b>Strand 1:</b> Volleyball Netball</p> <p><b>Strand 2:</b> Basketball Volleyball</p> <p><b>Strand 3:</b> Table Tennis Basketball</p> <p><b>Strand 4:</b> Fitness Table Tennis</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance</p> <p>Accurate replication of actions, phrases, and sequences - trampolining activities; the ability to repeat actions, phrases, and sequences of movement as perfectly as possible.</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&amp;A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health &amp; fitness is included in <b>every PE lesson</b>. Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>
<p>Yr 10 Summer 1</p>	<p><b>Strand 1:</b> Athletics Fitness</p> <p><b>Strand 2:</b> Athletics Tennis</p> <p><b>Strand 3:</b> Athletics Rounders</p> <p><b>Strand 4:</b> Athletics Cricket</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance</p> <p>Accurate replication of actions, phrases, and sequences - trampolining activities; the ability to repeat actions, phrases, and sequences of movement as perfectly as possible.</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&amp;A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health &amp; fitness is included in <b>every PE lesson</b>. Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>
<p>Yr 10 Summer 2</p>	<p><b>Strand 1:</b> Rounders Tennis</p> <p><b>Strand 2:</b> Rounders Softball</p> <p><b>Strand 3:</b> Tennis</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance</p> <p>Accurate replication of actions, phrases, and sequences - trampolining activities; the ability to repeat actions, phrases, and sequences of movement as perfectly as possible.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&amp;A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be</p>

	<p>Cricket</p> <p>Strand 4: Softball Rounders</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p>	<p>carried out by class teacher and recorded.</p> <p>The inclusion of Health &amp; fitness is included in <b>every PE lesson</b>. Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>
<p>Yr 11 Autumn 1</p>	<p>Strand 1: Gymnastics/Trampolining Fitness</p> <p>Strand 2: Fitness Gymnastics/Trampolining</p> <p>Strand 3: Badminton Netball</p> <p>Strand 4: Rugby Football</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance</p> <p>Accurate replication of actions, phrases, and sequences - trampolining activities; the ability to repeat actions, phrases, and sequences of movement as perfectly as possible.</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&amp;A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health &amp; fitness is included in <b>every PE lesson</b>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>
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