



Physical Education

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<u>Key Stage:</u>	<u>Year Outline – Over a rotation</u>	<u>Learning Intent across the activities</u>	<u>Learning Activities</u>	<u>Wider Curriculum</u>
<p>KS4 – Y10 / 11</p>	<p>Autumn Term: Invasion: Football; Basketball; Rugby; Hockey; Netball; Dodgeball Net/Wall: Badminton; Volleyball; Short Tennis Aesthetic appreciation: Gymnastics; Trampolining Fitness</p> <p>Spring Term: Invasion: Football; Basketball; Rugby; Hockey; Netball; Dodgeball Net/Wall: Badminton; Volleyball; Short Tennis Aesthetic appreciation: Trampolining Fitness</p> <p>Summer Term: Striking and Fielding: Cricket; Rounders Net/Wall: Tennis</p>	<ul style="list-style-type: none"> • To refine skills associated with each individual activity • To confidently apply acquired skills into full versions of the game (where applicable) • To evaluate performance identifying strengths and weaknesses • To be able to offer ways to improve performance and justify their choices • To know and understand how to officiate each sport • To refine acquired skills to create an individual sequence (trampolining) and within a group (gymnastics) • To use knowledge of fitness to devise a training programme • To be able to analyse fitness through testing and make judgements • To develop confidence in working with others <ul style="list-style-type: none"> • To develop leadership abilities • To use cognitive ability to solve problems • To use communication skills effectively • To use subtle skills such as resilience 	<ul style="list-style-type: none"> • Small group • Larger teamwork 	



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