KS4
Core
PE
2-year
curriculum
map

Off to your future

Further develop technique and improve performance to increase confidence to enable lifelong physical activity.

Complex and demanding physical activities that develop a variety of tactics and strategies to overcome opponents in teams and individual games.

Developing personal fitness and knowledge on active, healthy lifestyles. Knowledge taught

Summer 1:

Striking & Fielding Handball

Year 11:

Personal fitness and lifelong physical activity.

Autumn 1:

Netball Football Autumn 2:

Fitness Basketball Spring 1:

Volleyball Trampolining Badminton Spring 2:

Options

Summer 2:

Striking & Fielding Handball

Summer 1:

Athletics Rugby Spring 2:

Trampolining Volleyball Badminton Spring 1:

Football Trampolining Autumn 2:

Fitness Basketball Autumn 1:

Netball Football Year 10:

Developing technique and evaluating performance

