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

Year 11:

Personal fitness and lifelong physical activity.

Autumn 1:

Invasion games

Autumn 2:

Team net games Invasion games Spring 1:

Trampolining Invasion games

Spring 2:

Fitness

Summer 2:

Striking & Fielding

Summer 1:

Athletics

Spring 2:

Handball Fitness Spring 1:

Volleyball Trampolining Autumn 2:

Hockey Basketball Autumn 1:

Netball Football Year 10:

Developing technique and evaluating performance

