Subject	PE	Year Group	10/11

Scheme title	Badminton	Trampolining	Handball	Netball	Basketball	HRF	Football	Dance	Table Tennis	Orienteering	Rugby	Rounders	Cricket
Purpose of scheme	The purpose of the KS4 curriculum is to bridge the gap between "learning a sport" and "playing the game." Students consolidate their prior learning to perform with fluency and confidence. While they continue to refine technical foundations, the primary focus shifts to high-tempo competition and the ability to transfer tactical "know-how" from one activity to another. Know: Students will Know how to apply advanced tactics and game management. They understand how a strategy in one sport (e.g., "zonal marking") can be successfully transferred to another. Show: They will Show increased technical consistency and tactical intelligence during full-context games. They participate in student-led coaching and officiating, taking responsibility for the flow and standard of the competition. Grow: We aim to Grow their independence and competitive drive. Students take ownership of their performance, demonstrating the maturity to self-correct and the leadership to organize and motivate their peers.												
Knowledge in sequence	- Know why to serve long and short. - Know when to select appropriate shot to outwit an opponent. - Know how to perform net shots.		Know defensive strategies in a game Know offensive strategies in a game Know key positions in Handball	Know how to use advanced team tactics, like special "set plays" for center passes and throw-ins to get the ball into the circle quickly. Know the full official rules of Netball so well that you can umpire a full-court game fairly for your classmates. Know the "pro tips" for your favorite position—for example, exactly where a Wing Attack should move to support the shooters.	Know defensive strategies in a game Know offensive strategies in a game Know fast break	Know how to apply the FITT principle (Frequency, Intensity, Time, Type) to your own workout to make sure you are improving. Know the difference between training for strength (high weight, low reps) and training for endurance (low weight, high reps). Know which specific muscles you are targeting with different machines and free weights (e.g., knowing a chest press works the pectorals).	Know how to keep possession in competitve games - Know how and when to dribble and pass the ball effectively in a large sided game Know defensive strategies in a game Know offensive strategies in a game		Pupils can play and officiate both singles and doubles games and try to outwit opponents with a variety of serves and shots whilst trying to apply spin.	"- Know how to orientate a larger map (40 points). all the symbols on the map. - Know all the colours on the map of the school. - Know how to plan a route accurately in competitive situations	"Know defensive strategies in a game Know offensive strategies in a game	- Know where to hit the ball tactically to score maximum points. - Know where to field the ball to reduce points scored against. - Know strategies to win a game.	- Know which shot to play and why when batting. - Know when you would defend or attack as a batter - Know how to bowl short and why a bowler would vary his length - Know which end to throw the ball to during a run and why
Skills	- show serve long and short. - showyou can outwit an opponent. - show net shots.		Show the ability to apply defensive strategies in a game with contact. Snow offensive strategies in a game and be able to attack with width and use of a playmaker. Show you can play in all the key positions in Handball	Show perfect footwork even when you are running fast, using your landing foot to pivot and find a teammate. Show "shut-down" defending by shadowing your opponent closely and timing your jumps to intercept the ball. Show that you can play a full 7-a-side match with high skill, staying calm under pressure and making the right decisions for your team.	Show defensive strategies in a game Show offensive strategies in a game Show fast break	Show that you can follow a personal training programme independently, safely setting up your own weights and machines. Show perfect technique and "form" on all equipment to prevent injury, especially when using more advanced free weights. Show that you can track your progress—recording your sets, reps, or times and knowing when it is time to increase the "overload" to keep getting fitter.	Show the ability to apply defensive strategies in a large game . Snow offensive strategies in a game and be able to attack with width. Show that you can pass and move to keep possession.		Show spin in a variety of shots Show they can maintain a rally Show they can officiate games properly show they can serve effectively	Show how to orientate a larger map (40 points). Show the fastet route planning Show accurate route planning in competitive situations Show effective teamwork in relay competitions	"Show defensive strategies in a game Show offensive strategies in a game	- Show the ability to bat in all directions to score maximum points. - Show the ability to select the correct fielding technique for the situation in a game to reduce points scored in a game. - Show the ability to apply strategies in order to win games. - Show ability to umpire a game.	- Show the ability to play shots in all directions - Show the ability to defend and attack as a batter - Show the ability to bowl short and ability to bowl full in a game - Show the ability to select the correct fielding technique for the situation in a game
Key words	Net shots. markings, doubles		Defensive shape, drop back, wide play, wingers, center forward, pivot and playmaker.	defending, attacking, first stage, second stage, replaying, footwork, contact, penalty, free pass	Triple threat, fast break, man to man, zonal	FITT, SPOR, Resistance, Sets, reps,	Jockeying, block tackle, pass and move, space, support play		Serve Rally spin Forehand Backhand	Orientate, route planning, competative	On the shoulder, defensive sliding		- Teamwork - Communication - Resilience - Leadership - Respect - Self-Confidence
End point	Pupils can play and officiate both singles and doubles games and try to outwit opponents witha variety of shots		Pupils can play 7v7 matches, using all key skills and applying the rules. They should be able to attack with the key positions and formations in place. They should be bale to defend in a structure with a pivot player and use contact correclty.	In Year 10, students move from learning basic netball rules to becoming independent players and game leaders. The focus is on taking full control of their performance by leading their own sport-specific warm-ups and making smart tactical decisions on the court. Students will take on more responsibility by umpiring matches and mastering a variety of positions, showing they can switch between attacking and defensive roles with ease. By applying advanced marking and movement strategies to "outwit" their opponents, students will demonstrate the ability to manage full-court games and lead their teams with confidence and high-level skill.	Pupils can play in a 5v5 game within the rules and use defensive and offensive strategies.	Be able to use the fitness suite to create a personalised workout to suti their needs and wants. Pupils should be proficient in a range of machine and free weight exercises. Teachers may direct certain workouts for some classes	Can play matches of different scale from 5v5 to 11 v 11. The pupils should use all the key skills and use tactical knowledge to play effectively against others.		To be able to confidently play and officiate game of single and double table tennis	To be able to confidently orientate a map of the school and locate the 40 orienteering points accurately in competitive situations.	Pupils can play a game of 7v7 tag rugby applying rules and strategies both attacking and defensive to outwit opponents	To know all of the the keys skills and rules of rounders and play self regulated games.	Be able to use advanced rules in the games and select a range of batting shots and show a range of bowling lengths. Pupils should be able to select the correct fielding method in a competitive situation.
Assessment Methods													