

Key Stage 4 PE - Curriculum Map



	Year 10 AB		10 C	Year 11	
	Pathway	Pathway	Pathway	Pathway	Pathway
Autumn 1	<p style="text-align: center;"><u>Handball</u></p> <ul style="list-style-type: none"> • Develop basic safety principles in invasion games • Develop key attacking and defending principles of invasion games <p>Develop communication and emotional intelligence by performing as part of a team.</p> <p>Theme: Empathy</p>	<p style="text-align: center;"><u>Handball</u></p> <ul style="list-style-type: none"> • Develop basic safety principles in invasion games • Develop key attacking and defending principles of invasion games <p>Develop communication and emotional intelligence by performing as part of a team.</p> <p>Theme: Empathy</p>	<p style="text-align: center;"><u>Handball</u></p> <ul style="list-style-type: none"> • Develop basic safety principles in invasion games • Develop key attacking and defending principles of invasion games <p>Develop communication and emotional intelligence by performing as part of a team.</p> <p>Theme: Empathy</p>	<p style="text-align: center;"><u>Handball</u> <u>Handball</u></p> <ul style="list-style-type: none"> • Develop basic safety principles in invasion games • Develop key attacking and defending principles of invasion games <p>Develop communication and emotional intelligence by performing as part of a team.</p> <p>Theme: Empathy</p>	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • Basic safety principles of dance • Develop basic skills and learn to follow a routine • Develop required fitness <p>Develop communication and emotional intelligence by performing as part of a team.</p> <p>Theme: Empathy</p>

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Autumn 2	<u>Fitness Training</u>	<u>Fitness Training</u>	<u>Fitness Training</u>	<u>Fitness Training</u>	<u>Weight training</u>
	<ul style="list-style-type: none"> • Safety principles of circuit training • Personalised fitness programme • Personalised fitness activities - continuous, interval or circuit. 	<ul style="list-style-type: none"> • Safety principles of circuit training • Personalised fitness programme • Personalised fitness activities - continuous, interval or circuit. 	<ul style="list-style-type: none"> • Safety principles of circuit training • Personalised fitness programme • Personalised fitness activities - continuous, interval or circuit. 	<ul style="list-style-type: none"> • Safety principles of circuit training • Personalised fitness programme • Personalised fitness activities - continuous, interval or circuit. 	<ul style="list-style-type: none"> • Basic safety principles of resistance training • Plan personalised training programme • Lead personalised fitness programme
	Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience	Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience	Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience	Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience	Develop independence, resilience, determination, improve mental and physical health and wellbeing. Theme: Resilience

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Spring 1	<p style="text-align: center;"><u>Trampolining</u> <u>MOCK ENTRY LEVEL</u> <u>CW/K</u></p> <ul style="list-style-type: none"> • Key skills in trampolining • Safety rules in trampolining • Develop routine for trampolining • Develop key skills such as extension, tension and height. <p>Develop creativity and organisation through compositional ideas. Theme: Excellence</p>	<p style="text-align: center;"><u>Rock Climbing</u> <u>Mock entry level CW/K</u></p> <ul style="list-style-type: none"> • Safety principles in rock climbing • Safety principles in rock climbing • Develop key skills needed for rock climbing. <p>Develop creativity and organisation through compositional ideas. Theme: Excellence</p>	<p style="text-align: center;"><u>Trampolining</u> <u>MOCK ENTRY LEVEL CW/K</u></p> <ul style="list-style-type: none"> • Key skills in trampolining • Safety rules in trampolining • Develop routine for trampolining • Develop key skills such as extension, tension and height. <p>Develop creativity and organisation through compositional ideas. Theme: Excellence</p>	<p style="text-align: center;"><u>Coursework</u></p> <ul style="list-style-type: none"> • Complete entry level coursework • Fitness testing booklets to support completion of coursework 	<p style="text-align: center;"><u>Coursework</u></p> <ul style="list-style-type: none"> • Complete entry level coursework • Fitness testing booklets to support completion of coursework
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Spring 2	<p><u>Badminton</u></p> <ul style="list-style-type: none"> • Safety rules in badminton • Develop key skills in badminton • Take part in regular competition <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p>	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Basic safety principles of dance • Develop basic skills and learn to follow a routine • Develop required fitness <p>Develop communication and emotional intelligence by performing as part of a team. Theme: Empathy</p>	<p><u>Cricket</u></p> <ul style="list-style-type: none"> • Safety rules in cricket • Basic skills in cricket • Catching, throwing, batting, <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p>	<p><u>Cycling</u> <u>Cycling</u></p> <ul style="list-style-type: none"> • Develop basic life skill • Safety principles in cycling • How does this impact life skill • Understand the impact on physical and mental health and wellbeing. <p>Developing innovation and assertiveness through intellectual and physical challenges. Theme: Communication</p>	<p><u>Trampolining</u> <u>MOCK ENTRY LEVEL</u> <u>CW/K</u></p> <ul style="list-style-type: none"> • Key skills in trampolining • Safety rules in trampolining • Develop routine for trampolining • Develop key skills such as extension, tension and height. <p>Develop creativity and organisation through compositional ideas. Theme: Excellence</p>	<p><u>Badminton</u></p> <ul style="list-style-type: none"> • Safety rules in badminton • Develop key skills in badminton • Take part in regular competition <p>Developing confidence and positive attitudes in physical activity and sport. Theme: Positivity</p>

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Summer 2	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Safety in athletics • Running events • Jumping events • Throwing events • Preparation for Sports Day <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Safety in athletics • Running events • Jumping events • Throwing events • Preparation for Sports Day <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Safety in athletics • Running events • Jumping events • Throwing events • Preparation for Sports Day <p>Developing determination through performing at maximum levels for competition. Theme: Self Awareness</p>	
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