



# KS4 Curriculum Map PE / National Curriculum

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>Year 10</b>	<p><b>Basketball</b> (indoor / outdoor) Execute chest, bounce and overhead passes Dribble changing the speed and direction of the ball Demonstrate a set shot and a lay-up with the right technique Demonstrate pivoting comfortably Understand 'double dribble', 'travel' and 'personal foul' rules</p>	<p><b>Badminton</b> Hold a racket correctly Play an overarm hit which crosses the service line Complete an underarm serve Play a rally with a partner, including different shots Understand the rules of service and scoring</p>	<p><b>Health related</b> <b>Fitness</b> Skill replication in a range of fitness activities that test physical capacity. Use a range of health and fitness terminology. Understanding of the way the body responds to exercise. Warm up &amp; cool down routines/movements. Circuit movements Tests for components of fitness Boxercise techniques Difference in running for speed/endurance</p>	<p><b>Hockey/Volleyball</b> Principles of attack and defence Finding, using and denying space Making decisions quickly and efficiently Application of game rules Understanding how to work as a team effectively <b>Skills</b>  Passing/Receiving Dribbling – open and reverse side Ball control Shooting Defending/Tackling</p>	<p><b>Athletics</b> Achieve a good body position when sprinting Understand and explain the term 'high knees' Demonstrate the 'hop step jump' technique of triple jump Demonstrate the importance of using arms to create power Be able to perform a standing long jump correctly Understand how to measure a run-up Explain the need to travel from low to high during throwing Demonstrate the use of legs to create more power when throwing Explain all the rules of throwing events Understand how to measure during throwing events</p>	<p><b>Tennis / Choice</b> Make contact but do not always get it over the net Move towards the ball with the correct footwork Start a rally with an underarm serve Perform a variety of shots both forehand and backhand with some success Try to be effective in a game performing strokes when not under pressure Vary my serve and make it difficult to return Play a range of strokes with a good standard of technique, placement and at time disguise  Outwit my opponent whilst under pressure demonstrating a high level of skill</p>
<b>Year 11</b>	<p><b>Basketball</b> (indoor / outdoor) Accurately execute chest, bounce and overhead passes in a game Dribble in different directions changing the speed of the ball</p>	<p><b>Badminton</b> Play overarm shots which travel over the mid-court area Hold a rally, which includes underarm and overarm shots Complete 2 different types of serve (short and long)</p>	<p><b>Health related</b> <b>Fitness</b> Skill replication in a range of fitness activities. Use a range of health and fitness terminology. Understanding of the way the body responds to</p>	<p><b>Hockey/Volleyball</b> Passing/Receiving Shooting Dribbling Ball control Defending/Tackling Sequencing</p>	<p><b>Athletics</b> Achieve a good body position when sprinting Understand and explain the term 'high knees' Demonstrate the 'hop step jump' technique of triple jump</p>	<p><b>Tennis / Choice</b> Make contact but do not always get it over the net Move towards the ball with the correct footwork Start a rally with an underarm serve Perform a variety of shots both forehand and</p>



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	<p>Use a pivot in a game effectively</p> <p>Mark man to man in a game</p> <p>Understand the '3 second' and 'half court' rules</p>	<p>Move around the court (chassis) to return and play shots</p> <p>Correctly keep score for a game</p>	<p>exercise using appropriate terminology.</p> <p>Lead warm up &amp; cool down routines</p> <p>Circuit movements</p> <p>Tests for components of fitness</p> <p>Running for speed/endurance</p>	<p>Build upon fundamentals but increase in speed and level of challenge.</p> <p>Develop the principles of attack and defence while working with others.</p> <p>Involve pressurised game situations to allow for tactical planning and refinement.</p> <p>Allow students to make decisions, assess outcome and suggest improvements.</p>	<p>Demonstrate the importance of using arms to create power</p> <p>Be able to perform a standing long jump correctly</p> <p>Understand how to measure a run-up</p> <p>Explain the need to travel from low to high during throwing</p> <p>Demonstrate the use of legs to create more power when throwing</p> <p>Explain all the rules of throwing events</p> <p>Understand how to measure during throwing events</p>	<p>backhand with some success</p> <p>Try to be effective in a game performing strokes when not under pressure</p> <p>Vary my serve and make it difficult to return</p> <p>Play a range of strokes with a good standard of technique, placement and at time disguise</p> <p>Outwit my opponent whilst under pressure demonstrating a high level of skill</p>
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