

# KS4 Core PE Curriculum





*Subject on a Page*

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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Year 10

 <p><b>Individual Sport</b></p> <p>Develop positional and tactical awareness. Develop skill related components. Develop officiating skills. Analyse &amp; evaluate performance. Develop concepts of sporting etiquette.</p>	 <p><b>Team Sport</b></p> <p>Develop defensive &amp; attacking principles. Develop positional and tactical awareness. Develop skill related components. Develop officiating skills. Analyse &amp; evaluate performance. Develop concepts of sporting etiquette.</p>	 <p><b>Personal fitness</b></p> <p>Develop speed, power, strength and self endurance. Develop CV fitness and resilience. Develop correct technique. Show understanding of the importance of a healthy life style.</p>	 <p><b>Competitive Sports</b></p> <p>Develop choreography skills. Enhance performance skills. Develop body management. Develop specific event technique. Develop CV and resilience. Analyse and evaluate performance.</p>	 <p><b>Team Sports</b></p> <p>Develop striking and fielding principles. Develop positional and tactical awareness. Understanding scoring principles. Develop self related components. Analyse and evaluate performance.</p>	 <p><b>Individual Sport</b></p> <p>Develop positional and tactical awareness. Develop skill related components. Develop officiating skills. Analyse &amp; evaluate performance. Develop concepts of sporting etiquette.</p>
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Year 11

 <p><b>Individual Sport</b></p> <p>Develop positional and tactical awareness. Develop skill related components. Develop officiating skills. Analyse &amp; evaluate performance. Develop concepts of sporting etiquette.</p>	 <p><b>Team Sport</b></p> <p>Develop defensive &amp; attacking principles. Develop positional and tactical awareness. Develop skill related components. Develop officiating skills. Analyse &amp; evaluate performance. Develop concepts of sporting etiquette.</p>	 <p><b>Personal fitness</b></p> <p>Develop speed, power, strength and self endurance. Develop CV fitness and resilience. Develop correct technique. Show understanding of the importance of a healthy life style.</p>	 <p><b>Competitive Sports</b></p> <p>Develop choreography skills. Enhance performance skills. Develop body management. Develop specific event technique. Develop CV and resilience. Analyse and evaluate performance.</p>	 <p><b>Team Sports</b></p>	 <p><b>Individual Sport</b></p>	<p><b>Revision</b></p> <p>➔</p> <p>Life long participation</p>
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