



Key Stage 4 PE



Protect Inspire Nurture Embrace Succeed

Year group	Pathway	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Individual sports	Dance	Team Games	Outdoor and adventurous activity	Health and fitness	Athletics / Field and striking
10	M	Over the top Equals – Net & Wall Unit – 4.6	Dance the Dream Equals Unit – 4.2	Footy (Football) Equals- Invasion games Unit 4.4	Walk the walk Equals Unit- 4.12	Cardio work outs	Wicked Cricket Equals SoW Unit- 4.9
	E	New Age Kurling					
11	M	Keepy Uppy Equals – Net & Wall Unit – 4.7	Composing and performing Dance Equals Unit – 4.3	Getting Sorted (Unihoc) Equals- Invasion games Unit 4.5	Walk the walk (continued) Equals SoW Unit- 4.12	Making a striking star Equals SoW Unit- 4.8	Ready Steady.... Equals SoW Unit- 4.1
	E	Balloon Volleyball					



Dance

Children will take part in a range of different genres of dance. During each lesson children will get the opportunity to evaluate their performances and for those it is appropriate for they will compare it to previous ones.

Individual sports and team games-

Children will take part in a range of individual and team games that are appropriate to them. They will learn and develop a variety of tactics and strategies to overcome opponents. These games will be made competitive in class.

Outdoor and adventurous activity

Children will take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. These lessons can take part in a variety of environments including the forest school area, school's allotment and use of the local community.

