



PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

KS4 Boys Physical Education

Topic	KNOWLEDGE ACQUISITION	DURATION (Approximate Lessons)	Term 1a												Term 1b												Term 2a												Term 2b												Term 3a												Term 3b												
Year 10																																																																											
1	Invasion Games	Rugby: Recap tackling, Ball presentation, Introduce ruck, Ruck development, Ruck refinement, Competitive games. Football: Passing, control and turning, Heading, Shooting, Attack, beating an opponent, Defensive tactics, Set plays	6	[Magenta]												[Magenta]																																																											
2	Badminton	Recap service, ready position, Develop the clear, Introduce the smash, Net play, Competitive games – singles, Competitive games – doubles	6	[Orange]												[Orange]																																																											
3	Orienteering	Map walk, Star exercise North and South, Head-to-head sprint, Finding factors, Team anagrams, Score competition	6																									[Green]												[Green]																																			
4	Health Related	Fitness suite safety induction reminder, Components of physical fitness, Components of physical fitness, Components of physical fitness, Components of physical fitness	6																									[Dark Blue]												[Dark Blue]																																			
5	Striking & fielding	Softball: Introduce basic rules, Fielding technique – communication, Batting technique – feet placement, Rule development: catch = no stealing base, Game play – double out, Game play – triple out. Cricket: Bowling technique, Batting technique, Danish long ball, 4 way cricket, Team conditioned cricket, Pairs cricket	6																																																	[Yellow]												[Yellow]											
6	Volleyball	Introduce volleyball, Throw catch game, Introduce set technique, Underarm serving, Develop set shot, Scoring, outwitting and tactics	6																																																	[Red]												[Red]											
Year 11																																																																											
1	Invasion Games	Rugby: Recap tackling, Ball presentation, Introduce ruck, Ruck development, Ruck refinement, Competitive games. Football: Through game play, further development of passing, control and turning, Heading, Shooting, Attack, beating an opponent, Defensive tactics, Set plays	6	[Magenta]												[Magenta]																																																											
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6	Tennis	Groundstrokes, Half court singles, Serving, Volleying, Single ladder, Doubles play	6																																																	[Blue]												[Blue]											