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

KS4 Girls' Phyiscal Education

	Topic	KNOWLEDGE ACQUISTION	DURATION (Approximate Lessons)	Term 1a	Term1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 10									
1	Invasion games	Transferable skills, attacking principles, defending principles, tactics and strategies, competitive play	6	███	███				
2	Health Related Fitness	Components of physical fitness - cardiovascular fitness, muscular endurance, flexibility, body composition, speed	6	███	███				
3	Orienteering	Map walk, star exercise, head to head sprint, finding factors, team anagrams, score competition	6			███	███		
4	Volleyball	Recap set, underarm serve, set shot, and scoring, introduce the dig and further develop attacking strategies, defending strategies, positional roles and competitive play.	6			███	███		
5	Tennis	Ground strokes, half court singles, serving, volleying, single ladder, doubles play	6					███	███
6	Striking and fielding	Bowling technique, batting technique, danish long ball, 4 way cricket, team conditioned cricket, pairs cricket	6					███	███
Year 11									
1	Invasion games	Transferable skills, attacking principles, defending principles, tactics and strategies, competitive play	6	███	███				
2	Health Related Fitness	Components of physical fitness - cardiovascular fitness, muscular endurance, flexibility, body composition, speed	6	███	███				
3	Invasion games	Transferable skills, attacking principles, defending principles, tactics and strategies, competitive play	6			███	███		
4	Volleyball	Recap set, underarm serve, set shot, scoring and dig shot. Further develop attacking strategies, defending strategies, positional roles and competitive play.	6			███	███		
5	Striking and fielding	Fielding skills, bowling development, positional roles, tactics, competitive play	6					███	███