



PHYSICAL EDUCATION (CORE)

CURRICULUM OVERVIEW 2023-24

Maximise our potential, to be the best we can be, every day.

Core PE at Key Stage 4

Year group	Topic <i>Put in the order you will be studying them</i>	Key Words	Key Skills	Assessments	Cultural Capital	National Curriculum
(A) 4 weeks	Tennis	Rally Ground Strokes Serve Singles Doubles Rules Regulations Umpire Self Managers Performance Participation Enjoyment	1. Rallies, ground strokes with depth and low to net. 2. Competitive Rallies (Knockout games 3 lives etc) 3. Net shots. Singles ladder 4. Serves, traditional scoring system, doubles tournament	Teacher assessment in class	Opportunities for tennis in the community. Prestwich Tennis Club, St Marys Park Extra-Curricular Tennis HT 5-6	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
(B) 4 weeks	Badminton	Rally Serves Footwork Shot selection Rules Regulations Umpire Self Managers Performance Participation Enjoyment	1. Rallies/ knockout 2. Doubles tournaments 3. Half court singles 4. King/ Queen of the court	Teacher Assessment in Class	Extra-Curricular Badminton HT 1-2	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
(A) 4 weeks	Netball	Shooting Passing Teamwork	1. End zone netball 2. Shooting games 3. Passing relays	Teacher Assessment in Class	Netball Club/ Teams HT 1-2	Use a range of tactics and strategies to overcome opponents in

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		Movement Rules Regulations Self Managers Performance Participation Enjoyment	4. Tournament			<i>direct competition through team and individual games</i>
(B) 4 weeks	Football	Shooting Passing Teamwork Movement Rules Regulations Self Managers Performance Participation Enjoyment	1. Possession based games 2. Shooting drills 3. Overloads. Small sided games 4. Numbers. 9-11 a side games (offside rule)	Teacher Assessment in Class	Football Teams HT 1-4	<i>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</i>
(A) 4 weeks	Dance	Rhythm Coordination Tempo Beat Frequency Intensity Time Type	1. Just dance 2. Zumba- Burn it up 3. Step ETM 4. Create your own motif. Incorporate into a Just Dance Routine	Teacher Assessment in Class		Develop their technique and improve their performance in other competitive sports; including minority sports
(B) 4 weeks	Dodgeball and Table Tennis	Forehand Backhand Coordination Agility Reaction Times Rules Regulations Self officiating	1. Benchball and benchball-dodgeball 2. Traditional dodgeball 3. Rallies and co-ordination drills	Teacher Assessment in Class	Badminton/ Table Tennis Club HT2 Basketball Club HT1-2	Develop their technique and improve their performance in other competitive sports; including minority sports

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		Self management Participation Enjoyment	+ Basketball Small sided games 4. Table tennis tournament			
<i>Both Groups</i>	<i>Developing Aerobic Fitness to enhance performance</i>	Normative Data Aerobic Fitness Pacing Determination	Inter form cross country Cooper Run		Bury School Cross Country Championships	Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best
<i>(A) 4 weeks</i>	<i>Emerging Sports</i>	Emerging Minority Enjoyment Mental Benefits Social Benefits Physical Benefits	1. Unihoc 2. Handball 3. Frisbee 4. Longball or benchball	<i>teacher Assessment in Class</i>		Develop their technique and improve their performance in other competitive sports; including minority sports
<i>(B) 4 weeks</i>	<i>Emerging Sports</i>	Emerging Minority Enjoyment Mental Benefits Social Benefits Physical Benefits	1. Foot golf 2. Boxercise 3. Handball 4. Longball or benchball	<i>teacher Assessment in Class</i>		Develop their technique and improve their performance in other competitive sports; including minority sports
<i>(A) 6 weeks</i>	<i>Health Related Exercise</i>	Fitness Testing Target Setting Training methods Mental Benefits Social Benefits Physical Benefits	1. Fitness Testing 2. Boxercise 3. HIIT 4. Circuit 5. Interval training 6. Fitness Testing Re-Test	<i>teacher Assessment in Class</i>		Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal

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						activities to achieve your personal best
(B) 6 weeks	<i>Health Related Exercise</i>	Fitness Testing Target Setting Training methods Mental Benefits Social Benefits Physical Benefits	<ol style="list-style-type: none"> 1. Fitness Testing 2. Interval v Fartlek Training 3. Resistance Training 4. Continuous Training 5. HIIT or Circuit 6. Fitness Testing Re-Test 	teacher Assessment in Class		Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best
(A) 5 weeks	<i>Indoor Athletics, 5-a-side football and skills circuit</i>	Run Throw Jump Relay Agility Balance Co-Ordination Reaction Time Power	<ol style="list-style-type: none"> 1+2. Indoor Athletics Match across weeks 1 and 2 3. 5- a side football 4. Football and skill related components skills circuit 5. Football and skill related components skills circuit applying progressive overload 	teacher Assessment in Class	Bury Schools Athletics HT6 Football Teams HT 1,3 and 4	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
(B) 5 weeks	<i>Orienteering and Rugby League</i>	Map Reading Teamwork Communication Navigation Territory Support Width Depth	<ol style="list-style-type: none"> 1. Orienteering course moderate- intermediate 2. Orienteering course intermediate- hard 3. Tag Rugby; passing lines 4. Tag rugby Skills Circuit 5. Tag Rugby Tournament 	teacher Assessment in Class		Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Take part in OAA which present intellectual and physical challenges and

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						which encourage pupils to work in a team.
(A) 5 weeks	<i>Orienteering and Rounders</i>	Map Reading Teamwork Communication Navigation Territory Support Width Depth	1, Orienteering course moderate- intermediate 2. Orienteering course intermediate- hard 3. Rounders Flat Bat 4. Rounders Traditional 5. Rounders Tournament	teacher Assessment in Class	Rounders Club and Rounders Teams HT5-6	Take part in OAA which present intellectual and physical challenges and which encourage pupils to work in a team. Develop their technique and improve their performance in other competitive sports; including minority sports
(B) 5 weeks	<i>Indoor Athletics, 5-a-side football and skills circuit</i>	Run Throw Jump Relay Agility Balance Co-Ordination Reaction Time Power	1+2. Indoor Athletics Match across weeks 1 and 2 3. 5- a side football 4. Football and skill related components skills circuit 5. Football and skill related components skills circuit applying progressive overload	teacher Assessment in Class	Bury Schools Athletics HT6 Football Teams HT 1,3 and 4	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
(A) 7 weeks	<i>Aerobic/ Anaerobic Performance</i>	Aerobic Anaerobic Fitness Test Determination Participation Enjoyment	1. Aerobic Training/ Continuous Training 2. Sprinting 3. Throwing 4. Jumping 5. Fitness Testing- Comparison to earlier in year 6. Orienteering	teacher Assessment in Class	Bury Schools Athletics HT6	Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best

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			7. Orienteering or cooper run			
(B) 7 weeks	Striking and Fielding Aerobic v Anaerobic Performance	Batting Bowling Fielding Aerobic Anaerobic Fitness Test Determination Participation Enjoyment	1. Partners Cricket 2. Softball 3. Rounders or Non- Stop Cricket 4. Sprinting 5. Throwing 6. Jumping 7. Fitness Testing- Comparison to earlier in year	<i>teacher Assessment in Class</i>	Cricket Club HT 5-6 Bury Schools Athletics HT6	Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best

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