

Physical Education at Cox Green 2018-2019
Key Stage 4 Curriculum Plan
Year 9 Core

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics
<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.
<u>Skills:</u> Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Dance Skills: Poise, flexibility, motif, creativity Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing. Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling	<u>Skills:</u> Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing. Dance Skills: Poise, flexibility, motif, creativity. Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control. Trampolining Skills: Balance, control, techniques, routines. Table Tennis Skills: Forehand, backhand, the serve,	<u>Skills:</u> Dance Skills: Poise, flexibility, motif, creativity. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control. Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation. Handball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses,	<u>Skills:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting. Dance Skills: Poise, flexibility, motif, creativity. Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy. Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Trampolining: Skills: Basic core skills, straddle, pike, tuck, seat drop, back drop, front drop.	<u>Skills:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting. Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. HRE Skills: Exercise technique, types of training, components of fitness, fitness testing. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy.	<u>Skills:</u> Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting Volleyball Skills: Serving, Spike, Set, passing, tactics. HRE Skills: Exercise technique, types of training, components of fitness, fitness testing. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy.

<p>e.g. Indian dribble, control/receiving.</p> <p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>exploiting weaknesses, space, outwitting opponents.</p> <p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>space, outwitting opponents.</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>Volleyball Skills: Serving, Spike, Set, passing, tactics.</p>	<p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p>
<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>

Enrichment/Extra Curriculum:

- *Interschool matches and competitions.* Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.
- Pupils should be taught to:
- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- 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
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

**Physical Education at Cox Green 2018-2019
Key Stage 4 Curriculum Plan
Year 10 Core**

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics
<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.
<u>Skills:</u> Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing. Dance Skills: Poise, flexibility, motif, creativity. Outwitting Opponents Hockey/ Netball Trampolining Skills: Balance, control, techniques, routines. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control	<u>Skills:</u> Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Trampolining Skills: Balance, control, techniques, routines. Outwitting Opponents Badminton/Table Tennis HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.	<u>Skills:</u> Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting	<u>Skills:</u> Trampolining Skills: Balance, control, techniques, routines. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation. HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.	<u>Skills:</u> Circuit Training Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting HRE Skills: Exercise technique, types of training, components of fitness, fitness testing. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy. Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy. Cricket	<u>Skills:</u> Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy. OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting Softball Skills: Batting, bowling, fielding, catching, throwing, strategy. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.

				Skills: Batting, bowling, fielding, catching, throwing, strategy.	
<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.
Enrichment/Extra Curriculum: <ul style="list-style-type: none"> • <i>Interschool matches and competitions</i> Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. • Pupils should be taught to: • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • 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 • Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best • Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. 					

Physical Education at Cox Green 2018-2019
Key Stage 4 Curriculum Plan
Year 11 Core

Term 1	Term 2	Term 3	Term 4	Term 5
Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics	Rotating Topics
<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.
<u>Skills:</u> Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Trampolining Skills: Balance, control, techniques, routines. Analysis of Performance Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.	<u>Skills:</u> Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing. Exercise to Music Outwitting Opponents Volleyball and Basketball. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.	<u>Skills:</u> Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.	<u>Skills:</u> Dodgeball Leadership and Officiating Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy. Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy. HRE	<u>Skills:</u> Dance Skills: Poise, flexibility, motif, creativity. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy. Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy. HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.

			Skills: Exercise technique, types of training, components of fitness, fitness testing.	
<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	<u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.
<p>Enrichment/Extra Curriculum:</p> <ul style="list-style-type: none"> • <i>Interschool matches and competitions.</i> Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. • Pupils should be taught to: • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • 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 • Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best • Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. 				