

# Physical Education at Cox Green 2017-2018 Curriculum Plan

## **Key Stage 4 - Practical**

Year 9

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

Touch Rugby	opponents.	Netball	using space, travelling,		
Skills: Attacking,	Badminton	Skills: Attacking,	control.		
defending, passing and	Skills: Forehand,	defending, passing and	HRE		
possession, shooting,	backhand, the serve,	possession, shooting,	Skills: Exercise		
using space, travelling,	exploiting weaknesses,	using space, pivoting,	technique, types of		
control.	space, outwitting	receiving on the move.	training, components of		
	opponents.		fitness, fitness testing.		
HRE	HRE	HRE			
Skills: Exercise	Skills: Exercise	Skills: Exercise			
technique, types of	technique, types of	technique, types of			
training, components of	training, components of	training, components of			
fitness, fitness testing.	fitness, fitness testing.	fitness, fitness testing.			
SMSC and British Values:					
Teamwork, Leadership,	SMSC and British Values:	SMSC and British Values:		SMSC and British Values:	
Sportsmanship,	Teamwork, Leadership,	Teamwork, Leadership,		Teamwork, Leadership,	SMSC and British Values:
Creativity and Ethics.	Sportsmanship,	Sportsmanship,		Sportsmanship,	Teamwork, Leadership,
	Creativity and Ethics.	Creativity and Ethics.	SMSC and British Values:	Creativity and Ethics.	Sportsmanship,
			Teamwork, Leadership,		Creativity and Ethics.
			Sportsmanship,		
			Creativity and Ethics.		

#### **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 2017-2018 Curriculum Plan

### **Key Stage 4 - Practical**

Year 10

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating	Rotating	Rotating	Rotating	Rotating	Rotating
Fitness	Badminton	Table Tennis	Trampolining	Circuit Training	Rounders
Skills: Exercise	Skills: Forehand,	Skills: Forehand,	Skills: Balance, control,	Cricket	Skills: Batting, bowling,
technique, types of	backhand, the serve,	backhand, the serve,	techniques, routines.	Skills: Batting, bowling,	fielding, catching,
training, components of	exploiting weaknesses,	exploiting weaknesses,	Badminton	fielding, catching,	throwing, strategy.
fitness, fitness testing.	space, outwitting	space, outwitting	Skills: Forehand,	throwing, strategy.	OAA
Dance	opponents.	opponents.	backhand, the serve,	Athletics	Skills: Teamwork,
Skills: Poise, flexibility,	Trampolining	Badminton	exploiting weaknesses,	Skills: Performing a	communication,
motif, creativity.	Skills: Balance, control,	Skills: Forehand,	space, outwitting	maximum levels,	leadership, problem
<b>Outwitting Opponents</b>	techniques, routines.	backhand, the serve,	opponents.	recording, pacing,	solving, map reading.
Hockey/ Netball	<b>Outwitting Opponents</b>	exploiting weaknesses,	Basketball	power, target setting	Gymnastics
Trampolining	Badminton/Table	space, outwitting	Skills: Attacking,	HRE	Skills: Creativity,
Skills: Balance, control,	Tennis	opponents.	defending, passing and	Skills: Exercise	control, balance,
techniques, routines.	HRE	Athletics	possession, shooting,	technique, types of	travelling, flight,
Football	Skills: Exercise	Skills: Performing a	using space, travelling,	training, components of	teamwork, flow,
Skills: Attacking,	technique, types of	maximum levels,	ball familiarisation.	fitness, fitness testing.	posture.
defending, passing and	training, components of	recording, pacing,	HRE		Athletics
possession, shooting,	fitness, fitness testing.	power, target setting	Skills: Exercise		Skills: Performing a
using space, travelling,			technique, types of		maximum levels,
control			training, components of		recording, pacing,
			fitness, fitness testing.		power, target setting
SMSC and British Values:	SMSC and British Values:	SMSC and British Values:	SMSC and British Values:	SMSC and British Values:	SMSC and British Values:
Teamwork, Leadership,	Teamwork, Leadership,	Teamwork, Leadership,	Teamwork, Leadership,	Teamwork, Leadership,	Teamwork, Leadership,
Sportsmanship,	Sportsmanship,	Sportsmanship,	Sportsmanship,	Sportsmanship,	Sportsmanship,
Creativity and Ethics.	Creativity and Ethics.	Creativity and Ethics.	Creativity and Ethics.	Creativity and Ethics.	Creativity and Ethics.

## 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]
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- 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
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## Physical Education at Cox Green 2017-2018 Curriculum Plan

#### **Key Stage 4 - Practical**

#### Year 11

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating	Rotating	Rotating	Rotating	Rotating	Rotating
Badminton	Fitness	Basketball	Dodgeball	Self Defence	Exams
Skills: Forehand,	Skills: Exercise technique,	Skills: Attacking,	Leadership and	Circuit Training	
backhand, the serve,	types of training,	defending, passing and	Officiating	Dance	
exploiting weaknesses,	components of fitness,	possession, shooting,	Cricket	Skills: Poise, flexibility,	
space, outwitting	fitness testing.	using space, travelling,	Skills: Batting, bowling,	motif, creativity.	
opponents.	Exercise to Music	ball familiarisation.	fielding, catching,	Gymnastics	
Trampolining	<b>Outwitting Opponents</b>	Football	throwing, strategy.	Skills: Creativity,	
Skills: Balance, control,	Volleyball and Basketball.	Skills: Attacking,	Athletics	control, balance,	
techniques, routines.	Football	defending, passing and	Skills: Performing a	travelling, flight,	
Analysis of	Skills: Attacking,	possession, shooting,	maximum levels,	teamwork, flow,	
Performance	defending, passing and	using space, travelling,	recording, pacing,	posture.	
Basketball	possession, shooting,	control	power, target setting	Athletics	
Skills: Attacking,	using space, travelling,	Netball	Table Tennis	Skills: Performing a	
defending, passing and	control	Skills: Attacking,	Skills: Forehand,	maximum levels,	
possession, shooting,	Table Tennis	defending, passing and	backhand, the serve,	recording, pacing,	
using space, travelling,	Skills: Forehand,	possession, shooting,	exploiting weaknesses,	power, target setting	
ball familiarisation.	backhand, the serve,	using space, pivoting,	space, outwitting	Cricket	
	exploiting weaknesses,	receiving on the move	opponents.	Skills: Batting, bowling,	
	space, outwitting			fielding, catching,	
	opponents.			throwing, strategy.	
SMSC and British Values	: SMSC and British Values:	SMSC and British Values:	SMSC and British Values	SMSC and British Values	
Teamwork, Leadership,	Teamwork, Leadership,	Teamwork, Leadership,	Teamwork, Leadership,	Teamwork, Leadership,	
Sportsmanship,	Sportsmanship, Creativity	Sportsmanship,	Sportsmanship,	Sportsmanship,	
Creativity and Ethics.	and Ethics.	Creativity and Ethics.	Creativity and Ethics.	Creativity and Ethics.	

### Enrichment/Extra Curriculum:

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