

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

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Badminton	Football	Badminton	Netball	Table Tennis	Athletics
<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.
<u>Skills:</u> <ul style="list-style-type: none"> <li>• Serves - low and short, high and deep, flick, drive</li> <li>• Clear shot – forehand and backhand; attacking and defending; overhead, underarm</li> <li>• Drop shot – fast, slow</li> <li>• Drives shot – forehand, backhand; cross court and down-the-line</li> <li>• Smash</li> <li>• Block shot - drop, straight, angled</li> <li>• Net shots – forehand, backhand</li> <li>• Tactical understanding -</li> </ul> Appropriate choice of	<u>Skills:</u> <ul style="list-style-type: none"> <li>• Passing – long and short, laces, inside, outside of foot.</li> <li>• Dribbling and running with the ball</li> <li>• Tackling (block, slide)</li> <li>• Heading (attack/defence)</li> <li>• Turning with the ball – recycling (Cruyff, drag back)</li> <li>• Striking the ball (free kicks, shooting - dominant foot).</li> </ul> Goal keeping (if player's chosen position): <ul style="list-style-type: none"> <li>• shot stopping – angles, off line/down line, free kicks</li> </ul>	<u>Skills:</u> <ul style="list-style-type: none"> <li>• Serves - low and short, high and deep, flick, drive</li> <li>• Clear shot – forehand and backhand; attacking and defending; overhead, underarm</li> <li>• Drop shot – fast, slow</li> <li>• Drives shot – forehand, backhand; cross court and down-the-line</li> <li>• Smash</li> <li>• Block shot - drop, straight, angled</li> <li>• Net shots – forehand, backhand</li> <li>• Tactical understanding -</li> </ul> Appropriate choice of	<u>Skills:</u> <ul style="list-style-type: none"> <li>• Passing (shoulder, chest, bounce)</li> <li>• Handling (ball control)</li> <li>• catching (one handed, two handed, static, on the move)</li> <li>• Footwork (landing, pivot, running pass, running shot)</li> <li>• Evasion (holding space, dodging, feint, driving)</li> <li>• Shooting where appropriate to position (one/two handed, forward/backward step shot)</li> <li>• Defending (man to man, blocking)</li> </ul>	<u>Skills:</u> <ul style="list-style-type: none"> <li>• Grip and ready position and movement at and around the table</li> <li>• Push – forehand and backhand</li> <li>• Topspin drives – forehand and backhand</li> <li>• Serves – chop, top spin and side spin</li> <li>• Return of serve</li> <li>• Loop – forehand and backhand</li> <li>• Sidespin loop - forehand</li> <li>• block.</li> <li>• Tactical and technical application within a game situation.</li> </ul>	<u>Skills:</u> Students can be assessed in one field or track event. <p><i>Field events</i> - High jump, pole jump, long jump, triple jump, shot putt, javelin, hammer or discus.</p> <p><b>Jump:</b> high, pole, long, or triple.</p> <ul style="list-style-type: none"> <li>• Run up</li> <li>• Take off</li> <li>• Flight</li> <li>• Landing.</li> </ul> <p><b>Throw:</b> shot putt, javelin, hammer, or discus.</p> <ul style="list-style-type: none"> <li>• Initial stance</li> <li>• Grip</li> <li>• Preparation</li> <li>• Movement</li> </ul>

<p>shot in relation to situation.</p> <ul style="list-style-type: none"> <li>• Application of skills/techniques in tactics: movement pressure, deception, serving, attack/defensive formations in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>• dealing with crosses – high/low</li> <li>• dealing with back passes (keeping possession, long clearances)</li> <li>• kicking (punt, goal kicking)</li> <li>• 1 v. 1, attacker v. keeper – denying space, body position</li> <li>• handling (catching, parry)</li> <li>• distribution (throws, short passes).</li> <li>• Tactical and technical application within a game situation.</li> </ul>	<p>shot in relation to situation.</p> <ul style="list-style-type: none"> <li>• Application of skills/techniques in tactics: movement pressure, deception, serving, attack/defensive formations in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>• Tactical and technical application within a game situation.</li> </ul>		<ul style="list-style-type: none"> <li>• Release</li> <li>• Recovery.</li> </ul> <p><i>Track events - 100m, 200m, 400m, 800m, 1500m, 3000m, 100m hurdles, 400m hurdles, or 1500m steeplechase.</i></p> <p>Skills/technique:</p> <ul style="list-style-type: none"> <li>• starts</li> <li>• posture</li> <li>• pacing</li> <li>• leg and arm action</li> <li>• coordination of legs and arms</li> <li>• stride pattern.</li> </ul>
<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>
<p><b>Enrichment/Extra Curriculum:</b></p> <p><b><i>NB: All sports offered for GCSE Edexcel PE. All sports which are assessed in curriculum time are subject to change depending on class profile, weather and resource changes.</i></b></p>					

Physical Education at Cox Green 2018-2019  
Key Stage 4 Curriculum Plan  
Year 10 GCSE Practical

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Football	Netball	Badminton	Badminton	Table Tennis	Athletics
<p><u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.</p>	<p><u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.</p>	<p><u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.</p>	<p><u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.</p>	<p><u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.</p>	<p><u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.</p>
<p><u>Skills:</u></p> <ul style="list-style-type: none"> <li>• Passing – long and short, laces, inside, outside of foot.</li> <li>• Dribbling and running with the ball</li> <li>• Tackling (block, slide)</li> <li>• Heading (attack/defence)</li> <li>• Turning with the ball – recycling (Cruyff, drag back)</li> <li>• Striking the ball (free kicks, shooting - dominant foot).</li> </ul> <p>Goal keeping (if player's chosen position):</p> <ul style="list-style-type: none"> <li>• shot stopping – angles, off line/down line, free kicks</li> </ul>	<p><u>Skills:</u></p> <ul style="list-style-type: none"> <li>• Passing (shoulder, chest, bounce)</li> <li>• Handling (ball control)</li> <li>• catching (one handed, two handed, static, on the move)</li> <li>• Footwork (landing, pivot, running pass, running shot)</li> <li>• Evasion (holding space, dodging, feint, driving)</li> <li>• Shooting where appropriate to position (one/two handed, forward/backward step shot)</li> <li>• Defending (man to man, blocking)</li> </ul>	<p><u>Skills:</u></p> <ul style="list-style-type: none"> <li>• Serves - low and short, high and deep, flick, drive</li> <li>• Clear shot – forehand and backhand; attacking and defending; overhead, underarm</li> <li>• Drop shot – fast, slow</li> <li>• Drives shot – forehand, backhand; cross court and down-the-line</li> <li>• Smash</li> <li>• Block shot - drop, straight, angled</li> <li>• Net shots – forehand, backhand</li> <li>• Tactical understanding - Appropriate choice of</li> </ul>	<p><u>Skills:</u></p> <ul style="list-style-type: none"> <li>• Serves - low and short, high and deep, flick, drive</li> <li>• Clear shot – forehand and backhand; attacking and defending; overhead, underarm</li> <li>• Drop shot – fast, slow</li> <li>• Drives shot – forehand, backhand; cross court and down-the-line</li> <li>• Smash</li> <li>• Block shot - drop, straight, angled</li> <li>• Net shots – forehand, backhand</li> <li>• Tactical understanding - Appropriate choice of</li> </ul>	<p><u>Skills:</u></p> <ul style="list-style-type: none"> <li>• Grip and ready position and movement at and around the table</li> <li>• Push – forehand and backhand</li> <li>• Topspin drives – forehand and backhand</li> <li>• Serves – chop, top spin and side spin</li> <li>• Return of serve</li> <li>• Loop – forehand and backhand</li> <li>• Sidespin loop - forehand</li> <li>• block.</li> <li>• Tactical and technical application within a game situation.</li> </ul>	<p><u>Skills:</u></p> <p>Students can be assessed in one field or track event.</p> <p><i>Field events</i> - High jump, pole jump, long jump, triple jump, shot putt, javelin, hammer or discus.</p> <p><b>Jump:</b> high, pole, long, or triple.</p> <ul style="list-style-type: none"> <li>• Run up</li> <li>• Take off</li> <li>• Flight</li> <li>• Landing.</li> </ul> <p><b>Throw:</b> shot putt, javelin, hammer, or discus.</p> <ul style="list-style-type: none"> <li>• Initial stance</li> <li>• Grip</li> <li>• Preparation</li> <li>• Movement</li> </ul>

<ul style="list-style-type: none"> <li>• dealing with crosses – high/low</li> <li>• dealing with back passes (keeping possession, long clearances)</li> <li>• kicking (punt, goal kicking)</li> <li>• 1 v. 1, attacker v. keeper – denying space, body position</li> <li>• handling (catching, parry)</li> <li>• distribution (throws, short passes).</li> </ul> <ul style="list-style-type: none"> <li>• Tactical and technical application within a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>• Tactical and technical application within a game situation.</li> </ul>	<p>shot in relation to situation.</p> <ul style="list-style-type: none"> <li>• Application of skills/techniques in tactics: movement pressure, deception, serving, attack/defensive formations in</li> </ul>	<p>shot in relation to situation.</p> <ul style="list-style-type: none"> <li>• Application of skills/techniques in tactics: movement pressure, deception, serving, attack/defensive formations in</li> </ul>		<ul style="list-style-type: none"> <li>• Release</li> <li>• Recovery.</li> </ul> <p><i>Track events - 100m, 200m, 400m, 800m, 1500m, 3000m, 100m hurdles, 400m hurdles, or 1500m steeplechase.</i></p> <p>Skills/technique:</p> <ul style="list-style-type: none"> <li>• Starts</li> <li>• Posture</li> <li>• Pacing</li> <li>• Leg and arm action</li> <li>• Coordination of legs and arms</li> <li>• Stride pattern.</li> </ul>
<u>SMSC/British Values:</u> <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	<u>SMSC/British Values:</u> <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	<u>SMSC/British Values:</u> <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	<u>SMSC/British Values:</u> <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	<u>SMSC/British Values:</u> <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	<u>SMSC/British Values:</u> <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>
<p><b>Enrichment/Extra Curriculum:</b></p> <p><b><i>NB: All sports offered for GCSE Edexcel PE. All sports which are assessed in curriculum time are subject to change depending on class profile, weather and resource changes.</i></b></p>					

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

<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>
<b>Badminton</b>	<b>Football</b>	<b>Netball</b>	<b>Moderation Practice</b>	<b>Theoretical concepts taught practically</b>
<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment. In addition to sporting assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment. In addition to sporting assessment.	<u>Assessment:</u> All sporting assessment will be conducted from end of topic assessments and also external moderation assessment. In addition to sporting assessment.
<u>Skills:</u> <ul style="list-style-type: none"> <li>• Serves - low and short, high and deep, flick, drive</li> <li>• Clear shot – forehand and backhand; attacking and defending; overhead, underarm</li> <li>• Drop shot – fast, slow</li> <li>• Drives shot – forehand, backhand; cross court and down-the-line</li> <li>• Smash</li> <li>• Block shot - drop, straight, angled</li> <li>• Net shots – forehand, backhand</li> </ul>	<u>Skills:</u> <ul style="list-style-type: none"> <li>• Passing – long and short, laces, inside, outside of foot.</li> <li>• Dribbling and running with the ball</li> <li>• Tackling (block, slide)</li> <li>• Heading (attack/defense)</li> <li>• Turning with the ball – recycling (Cruyff, drag back)</li> <li>• Striking the ball (free kicks, shooting - dominant foot).</li> </ul> <p>Goal keeping (if player's chosen position):</p>	<u>Skills:</u> <ul style="list-style-type: none"> <li>• Passing (shoulder, chest, bounce)</li> <li>• Handling (ball control)</li> <li>• catching (one handed, two handed, static, on the move)</li> <li>• Footwork (landing, pivot, running pass, running shot)</li> <li>• Evasion (holding space, dodging, feint, driving)</li> <li>• Shooting where appropriate to position (one/two handed, forward/backward step shot)</li> <li>• Defending (man to man, blocking)</li> </ul>	<u>Skills:</u> Students will continue to practice the various sports that they will be assessed in for their final external moderation. Sport specific drills will be created for students to practice core skills in isolation and also in competitive scenarios.	<u>Skills:</u> The use of a PARQ to assess personal readiness for training and recommendations for amendment to training based on PARQ. Completion of various different training methods to support overall fitness and their understanding of the advantages and disadvantages of Continuous, Fartlek, circuit, interval, Plyometrics, weight/resistance. The purpose and importance of warm ups and cool downs to effective training sessions and physical activity and sport

<ul style="list-style-type: none"> <li>• Tactical understanding - Appropriate choice of shot in relation to situation.</li> <li>• Application of skills/techniques in tactics: movement pressure, deception, serving, attack/defensive formations in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>• shot stopping – angles, off line/down line, free kicks</li> <li>• dealing with crosses – high/low</li> <li>• dealing with back passes (keeping possession, long clearances)</li> <li>• kicking (punt, goal kicking)</li> <li>• 1 v. 1, attacker v. keeper – denying space, body position</li> <li>• handling (catching, parry)</li> <li>• distribution (throws, short passes).</li> <li>• Tactical and technical application within a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>• Tactical and technical application within a game situation.</li> </ul>		<p>Phases of a warm up and their significance in preparation for physical activity and sport</p> <p>Activities included in warm ups and cool downs</p>
<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><b>Enrichment/Extra Curriculum:</b></p> <p><b><i>NB: The full list of sports for Edexcel GCSE PE is as following:</i></b>  Athletics, Boxing, Camogie, Canoeing, Cycling, Diving, Equestrian, Gaelic Football, Golf, Gymnastics, Hurling, Kayaking, Lacrosse, Rock Climbing, Rowing, Swimming, Sculling, Skiing, Squash, Snowboarding, Badminton, Basketball, Cricket, Dance, Handball, Hockey, Netball, Rugby, Football, Table Tennis, Tennis, Trampolining, Volleyball, Specialist Activities, Blind cricket, Goalball, Powerchair football, Table cricket, Wheelchair basketball, Wheelchair football, Wheelchair rugby, Boccia, Polybat</p> <p><b><i>All sports offered for GCSE PE (Edexcel). All sports which are assessed in curriculum time are subject to change depending on class profile, weather and resource changes.</i></b></p>				