

# Subject Narrative

## Physical Education

*'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing' Jame MacAllister.*

The vision of the Physical Education department at King's is for all students to experience a range of sports and activities that promote not only a passion for the subject, but also a lifelong commitment to leading a healthy active lifestyle. Our department offers high quality Physical Education which is fully inclusive, allowing students from all backgrounds to access physically demanding activities and competitive sport. Through sustained periods of physical activity, students are encouraged to build character and embed values, preparing them to be successful citizens ready for tomorrow's world. Physically educated citizens are those that are fully equipped with the knowledge that allows them to pursue a healthy active lifestyle.

	LC1	LC2	LC3	LC4	LC5
<b>Year 7-</b>	<u>Overarching question/topic:</u>  <b><u>Netball</u></b>  Week 1- Balance is the most important skill for a netballer.  Week 2- Accuracy is the most important thing about passing.  Week 3- To beat a defender you need good agility.	<u>Overarching question/topic:</u>  <b><u>Fitness</u></b>  Week 1- 'Physical Strength outweighs technical technique'  Week 2- 'Heart rate shows how hard we are working.'  Week 3-	<u>Overarching question/topic:</u>  <b><u>Gymnastics</u></b>  Week 1- 'Physical skills outweigh the importance of Technical skills'  Week 2- Dynamics always come in aesthetic pairs  Week 3- Using	<u>Overarching question/topic:</u>  <b><u>Basketball</u></b>  Week 1- Skill is more important than fitness'  Week 2- The right decision beats the execution of the pass'  Week 3- BEEF is all you need'	<u>Overarching question/topic:</u>  <b><u>Athletics</u></b>  Week 1- Preparation gives you the best start'  Week 2- You can sprint forever'  Week 3- Smooth transitions are essential'

	<p>Week 4- Defence wins games</p> <p>Week 5- The shooting technique is the most accurate skill.</p> <p>Week 6- Communication is key when applying tactics.</p> <p>Week 7- Assessment week and gap week.</p> <p><u>Overarching question/topic:</u></p> <p><b>Handball</b></p> <p>Week 1- Skill is more important than fitness'</p> <p>Week 2- The right decision beats the</p>	<p>Endurance is key to success''</p> <p>Week 4- Speed is the key to success''</p> <p>Week 5- 'Organisation is the key to preparation'</p> <p>Week 6- Muscular endurance outweighs muscular strength'</p> <p>Week 7- Assessment week and gap week.</p> <p><u>Overarching question/topic:</u></p> <p><b>OAA</b></p> <p>Week 1- It's Impossible to be lost if you don't know where you are.'</p> <p>Week 2- 'Orientation is key to knowing where you're going.'</p>	<p>space makes dancers work harder and help showcase their Physical skills'</p> <p>Week 4- 'Support is key to success.'</p> <p>Week 5- Visionary athletes create stronger performances'</p> <p>Week 6- 'Showcasing your talent breathes confidence'</p> <p>Week 7- GAP week.</p> <p><u>Overarching question/topic:</u></p> <p><b>Football</b></p> <p>Week 1- Skill is more important than fitness'</p> <p>Week 2- The right decision beats the</p>	<p>Week 4- You won't beat a defender without good agility'</p> <p>Week 5- Defense wins games'</p> <p>Week 6- Success is seen by accuracy'</p> <p>Week 7- Assessment and gap week.</p> <p><u>Overarching question/topic:</u></p> <p><b>Rugby</b></p> <p>Week 1- Defence wins games'</p> <p>Week 2- Skill is more important than fitness'</p>	<p>Week 4- Point side down'</p> <p>Week 5- Muscular endurance enables us to throw further'</p> <p>Week 6- 'Muscular endurance enables us to throw further'</p> <p>Week 7- Assessment and gap week.</p> <p><u>Overarching question/topic:</u></p> <p><b>Cricket</b></p> <p>Week 1- Being able to field is the foundation to being successful'</p> <p>Week 2- Batting is the art of winning'</p> <p>Week 3- Bowling</p>
--	---	--	--	---	---

	<p>execution of the pass'</p> <p>Week 3- You won't beat a defender without good agility'</p> <p>Week 4- Defence wins games'</p> <p>Week 5-Attack wins games'</p> <p>Week 6- 'Success is shown by the end result'</p> <p>Week7- Assessment and gap</p>	<p>Week 3- Speed beats organisation</p> <p>Week 4- Organisation beats speed</p> <p>Week 5- Memory Dictates Where We Go.</p> <p>Week 6- Competing Enhances Your Learning'</p> <p>Week 7- Assessment week and gap week.</p>	<p>execution of the pass'</p> <p>Week 3- You won't beat a defender without good agility'</p> <p>Week 4- Defence wins games'</p> <p>Week 5- Attack wins games'</p> <p>Week 6- Success is seen by accuracy'</p> <p>Week 7- Assessment and gap week.</p>	<p>Week 3- The right decision beats the execution of the pass'</p> <p>Week 4- You won't beat a defender without good agility'</p> <p>Week 5- Attack wins games'</p> <p>Week 6- Tactical awareness is the difference between success and failure''</p> <p>Week 7- Assessment and gap week.</p>	<p>depends on rotation'</p> <p>Week 4- How far you can strike the ball is imperative to batting'</p> <p>Week 5- shot selection is key to success'</p> <p>Week 6- How to win determines your decision making.'</p> <p>Week 7- Assessment and gap week.</p> <p><u>Overarching question/topic:</u></p> <p><b><u>Rounders</u></b></p> <p>Week 1- Coordination is the most important component when fielding.</p> <p>Week 2- Batting is the art of winning'</p> <p>Week 3- Distance outweighs accuracy.</p> <p>Week 4- Bowling depends on rotation.</p> <p>Week 5-</p>
--	---	---	---	---	---

					<p>Communication within your team, stops the opposition scoring runs'</p> <p>Week 6- Decision making increases your chance of winning.</p> <p>Week 7- Assessment and gap week.</p>
<b>Assessment</b>	Practical sports skills Assessment-				
<b>Year 8-</b>	<p><u>Overarching question/topic:</u></p> <p><b><u>Netball</u></b></p> <p>Week 1 - The footwork rule is underpinned by balance.</p> <p>Week 2 - Power influences the accuracy of the pass.</p> <p>Week 3 - Agility affects your ability to attack.</p> <p>Week 4 - To be a good defender you must defend the space.</p>	<p><u>Overarching question/topic:</u></p> <p><b><u>Fitness</u></b></p> <p>Week 1- 'Technique reduces injury.'</p> <p>Week 2 - The maximum work rate is all about your age.</p> <p>Week 3 - Endurance stops you sprinting'</p> <p>Week 4 - Speed requires no rest to sprint again</p> <p>Week 5 - planning your route, leads to success</p>	<p><u>Overarching question/topic:</u></p> <p><b><u>Gymnastics</u></b></p> <p>Week 1 - To perform the physical skills you need to perform the technical skills.</p> <p>Week 2 - Contrast dictates the dynamics in pairs.</p> <p>Week 3 - High quality physical skills require movement and space.</p> <p>Week 4 - Success is influenced by foundations and</p>	<p><u>Overarching question/topic:</u></p> <p><b><u>Rugby</u></b></p> <p>Week 1 - break the lines to create space to be exploited.'</p> <p>Week 2 - Moving forward whilst moving backwards'</p> <p>Week 3 - The first option you see, is always the best'</p> <p>Week 4 - Agility creates space to exploit'</p> <p>Week 5 - zigzagging is bamboosals the defender.'</p>	<p><u>Overarching question/topic:</u></p> <p><b><u>Athletics</u></b></p> <p>Week 1 - 'Reacting to the gun the quickest, will always mean you finish first'.</p> <p>Week 2 - Cardiovascular endurance and speed go hand in hand.'</p> <p>Week 3 - a dropped baton ends in disqualification.</p> <p>Week 4 - Muscular endurance allows you</p>

	<p>Week 5 - Back spin is important.</p> <p>Week 6 - Tactical awareness is the difference between success and failure.</p> <p>Week 7 - Assessment week and gap week</p> <p><u>Overarching question/topic:</u></p> <p><b><u>Handball</u></b></p> <p>Week 1 - 'Fitness ensures skills come easier'</p> <p>Week 2 - 'The first Decision you make is always correct'</p> <p>Week 3 - Agility creates space for you to exploit'</p> <p>Week 4 - 'Defence only consists of blocking'</p> <p>Week 5 - Attacking means throwing the</p>	<p>Week 6 - Muscles grow without being worked</p> <p>Week 7 - Assessment and gap week.</p> <p><u>Overarching question/topic:</u></p> <p><b><u>OAA</u></b></p> <p>Week 1 - 'North to south doesn't matter'</p> <p>Week2 - 'Key to orientation is memory.'</p> <p>Week 3 - Organising your route ends in success.</p> <p>Week 4 - Going in order slows you down'</p> <p>Week 5- Long term memory takes</p>	<p>support.</p> <p>Week 5- Elite performances are reliant upon aspiration and vision.</p> <p>Week 6 - Practice increases confidence.</p> <p>Week 7 - Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p><b><u>Football</u></b></p> <p>Week 1- Direction losses the defender</p> <p>Week 2 - Weight of pass doesn't relate to accuracy</p> <p>Week 3 - Defenders will never recover once you go past them</p> <p>Week 4 - Tactics depend on your personnel'</p> <p>Week 5 - long ball tactics is the quickest way to go forward</p>	<p>Week 6 - Teamwork breaths confidence to succeed.</p> <p>Week 7 - Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p><b><u>Basketball</u></b></p> <p>Week 1 - Direction losses the defender</p> <p>Week 2 - Weight of pass doesn't relate to accuracy</p> <p>Week 3 - You don't always need BEEF</p> <p>Week 4 - Defenders will never recover once you go past them</p> <p>Week 5 - The KEY is key to success</p> <p>Week 6 - Tactical</p>	<p>to throw further</p> <p>Week 5 - Muscles work together allowing you to throw further.</p> <p>Week 6 - Muscles work together allowing you to throw further</p> <p>Week 7 - Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p><b><u>Cricket</u></b></p> <p>Week 1 - _Your fielding position means you can field quicker</p> <p>Week 2 - Connection generates power</p> <p>Week 3 - Pitch is perfect</p> <p>Week 4 - Placement of the ball is all you need</p> <p>Week 5 - attacking v defending striking</p> <p>Week 6 - Communication within</p>
--	--	--	--	--	---

	<p>ball forward as quickly as possible.</p> <p>Week 6 - Tactical awareness is the difference between success and failure</p> <p>Week 7 - Assessment and Gap week</p>	<p>practice</p> <p>Week 6 - Competition brings out the best of us</p> <p>Week 7 - Assessment and gap week</p>	<p>Week 6 - 'Tactical awareness is the difference between success and failure'</p> <p>Week 7 - Assessment and gap week</p>	<p>awareness is the difference between success and failure</p> <p>Week 7 - Assessment and gap week</p>	<p>your team, stops the opposition scoring runs</p> <p>Week 7 - Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p><b><u>Rounders</u></b></p> <p>Week1 - Being able to field is the foundation to being successful'</p> <p>Week 2 - To win you need to bat with consistency</p> <p>Week 3 - How far you can strike the ball is imperative to batting</p> <p>Week 4 - Rotation influences the speed of the bowl</p> <p>Week 5- Communication is the foundation of a successful team</p> <p>Week 6 - The first decision will always be the right one.</p> <p>Week 7 - Assessment</p>
--	--	---	--	--	--

					and gap week
<b>Assessment</b>	Practical sports skills Assessment-				
<b>Year 9 - Rotation of Learning Cycles</b>					
<b>Year 9 Core-</b>	<u>Overarching question/topic:</u>  <b>Netball</b>  Week 1- My abdominals influence my balance.  Week 2- Power is generated in the same way for all passess.  Week 3- Agility requires me to take my eye off the ball.  Week 4- Peripheral vision helps me to defend.	<u>Overarching question/topic:</u>  <b>Fitness</b>  Week 1 - Cardiovascular improves our mental health.  Week 2 - Agility and speed don't work together.  Week 3 -Fitness testing doesn't improve our overall fitness  Week 4 - Skill	<u>Overarching question/topic:</u>  <b>Gymnastics</b>  Week 1 - Balance is key to a good base.  Week 2 - height x length is required in flight.  Week 3- My abdominals influence the turn.  Week 4- key terminology helps to improve my routine	<u>Overarching question/topic:</u>  <b>Rugby</b>  Week 1 - Driving your hip is down to power.  Week 2- Timing of the tackle, stops penalties.  Week 3 - Offside depends on your retreat speed.  Week 4 - Overlapping runs creates space  Week 5 - Rotating plays and running lines score tries.	<u>Overarching question/topic:</u>  <b>Athletics</b>  Week 1 - Speed is generated from our gluteus maximus  Week 2 - Our skeletal system provides our movement.  Week 3- Sprinting too fast affects how far we jump.  Week 4- Critical analyse improves your distance.

	<p>Week 5- My technique influences the trajectory of the ball.</p> <p>Week 6- To use effective tactics you must perform the basics well.</p> <p>Week 7- Assessment and gap week.</p> <p><u>Overarching question/topic:</u></p> <p style="text-align: center;"><b>Handball</b></p> <p>Week 1 - Passing range is determined by coordination and balance.</p> <p>Week 2- Muscles work in pairs.</p> <p>Week 3 - Our core strength improves how the skeletal supports our body.</p> <p>Week 4-. Power is down to reps.</p> <p>Week 5-. One rep max improves our muscle strength.</p>	<p>related fitness and health related fitness are the same</p> <p>Week 5- Skill related fitness and health related fitness are the same</p> <p>Week 6- All body types are the same</p> <p>Week 7 - Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p style="text-align: center;"><b>OAA</b></p> <p>Week 1 - Direction comes down to teamwork.</p> <p>Week 2 - Communication is the barrier to not working together.</p> <p>Week 3- points of interest aren' useful.</p> <p>Week 4- leadership skills are developed within.</p>	<p>Week 5- Aesthetically pleasing creates a better routine.</p> <p>Week 6- Failure is the best way to make steps forward.</p> <p>Week 7- Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p style="text-align: center;"><b>Football</b></p> <p>Week 1 - Passing range is determined by coordination</p> <p>Week 2- Control and decision making go hand in hand.</p> <p>Week 3 - Agility dictates how we control the ball.</p> <p>Week 4- Striking the ball is all about power.</p> <p>Week 5- Reacting to a stimulus creates space.</p> <p>Week 6 - Being tactically aware improves your performance.</p>	<p>Week 6 - Being tactically aware improves your kicking.</p> <p>Week 7 - Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p style="text-align: center;"><b>Basketball</b></p> <p>Week 1 - Improving your coordination, improves your passing.</p> <p>Week 2- Strength is more important than power.</p> <p>Week 3 - Agility dictates the dribble..</p> <p>Week 4- The vertical jump test and the lay up shot go hand in hand.</p> <p>Week 5- Reacting to a stimulus creates space.</p> <p>Week 6 - Being tactically aware improves your performance.</p>	<p>Week 5- Coordination improves the distance we can travel</p> <p>Week 6- Power and strength is critical</p> <p>Week 7- Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p style="text-align: center;"><b>Cricket</b></p> <p>Week 1 - The stimulus never moves</p> <p>Week 2 - Pitch and length has to be perfect.</p> <p>Week 3- Fielding positions never stay the same</p> <p>Week 4 - Moving the field of play never leaves space.</p> <p>Week 5- Runs mean more than wickets</p> <p>Week 6- Being tactically aware improves your performance.</p>
--	--	---	---	---	--



	<p>Week 6 - Being tactically aware improves your performance.</p> <p>Week 7 - Assessment and gap week.</p>	<p>Week 5- speed, organisation and communication are traits of the best leaders</p> <p>Week 6- competition brings out the best competition in us.</p> <p>Week 7- Assessment and gap week</p>	<p>Week 7 - Assessment and gap week.</p>		<p>Week 7- Assessment and gap week</p> <p><u>Overarching question/topic:</u></p> <p><b>Rounders</b></p> <p>Week 1 - The stimulus never moves</p> <p>Week 2 - Pitch and length has to be perfect.</p> <p>Week 3- Fielding positions never stay the same</p> <p>Week 4 - Moving target requires accuracy.</p> <p>Week 5- First base is the same as any other</p> <p>Week 6- Being tactically aware improves your performance.</p> <p>Week 7- Assessment and gap week</p>
<b>Assessment</b>	Practical sports skills Assessment-				

**Year 10 Core**

**Students will choose a pathway.**

**They will be able to revisit and change at Christmas. Everyone will complete the same LC 5.**

<p><b>Pathway 1 - Sports</b></p> <p>Assessment will be both practical and theory based</p>	<p><b><u>Football</u></b></p> <p>Week1 - Passing Week 2 - shooting Week 3 - Crossing Week 4 - Attacking Week 5 - Defending Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Badminton</u></b></p> <p>Week1 - Serve Week 2 -Overarm clear Week 3 -Drop shot Week 4 -Smash Week 5 - Match Play Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Handball</u></b></p> <p>Week1 - Positional sense Week 2 -Attacking Week 3 -Defending Week 4 -Shooting Week 5 - Jump Shot Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Badminton</u></b></p> <p>Week1 - Serve Week 2 -Overarm clear Week 3 -Drop shot Week 4 -Smash Week 5 - Match Play Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Athletics</u></b></p> <p>Week1 - sprinting Week 2 - 400m/800m Week 3 - Long Jump/triple Jump Week 4 - High Jump Week 5 - Javelin Week 6 - Shot Putt Week 7 - Discuss</p>
	<p><b><u>Rugby</u></b></p> <p>Week1 - Tackling Week 2 -Tackling Week 3 -Passing Week 4 -Attacking Week 5 - Defending Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Volleyball</u></b></p> <p>Week1 - Serve Week 2 - dig Week 3 - set Week 4 -spike Week 5 - game play Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Gymnastics-Flight</u></b></p> <p>Week1 - Flight Week 2 -Flight Week 3 -Flight Week 4 -Flight Week 5 - Flight Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Table tennis</u></b></p> <p>Week1 - serve Week 2 -fore hand drive Week 3 -back hand drive Week 4 - forehand push Week 5 - backhand push Week 6 - Assessment week Week 7 - Gap week</p>	<p><b><u>Cricket</u></b></p> <p>Week1 - Bowling Week 2 - Batting Week 3 - Forward Drive Week 4 - Fielding Week 5 - Pull Shot Week 6 - Assessment week Week 7 - Gap week</p>
	<p><b><u>Netball</u></b></p> <p>Week1 - Positions Week 2 -Attacking Week 3 -Defending Week 4 -shooting</p>	<p><b><u>Basketball</u></b></p> <p>Week1 - Dribbling Week 2 - Passing Week 3 - Crossover dribble.</p>	<p><b><u>Basketball</u></b></p> <p>Week1 - Dribbling Week 2 - Passing Week 3 - Crossover dribble.</p>	<p><b><u>Basketball</u></b></p> <p>Week1 - Dribbling Week 2 - Passing Week 3 - Crossover dribble.</p>	<p><b><u>Rounders</u></b></p> <p>Week1 - Bowling Week 2 - Batting Week 3 - Batting Week 4 - Drive</p>

	<p>Week 5 - Game play Week 6 - Assessment week Week 7 - Gap week</p> <p><b><u>Fitness</u></b></p> <p>Week1 - Crossfit Week 2 -Techniques Week 3 -Lifts Week 4 - Continuous/interval sessions. Week 5 - Crossfit games Week 6 - Assessment week Week 7 - Gap week</p>	<p>Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week</p> <p><b><u>Table Tennis</u></b></p> <p>Week1 - serve Week 2 -fore hand drive Week 3 -back hand drive Week 4 - forehand push Week 5 - backhand push Week 6 - Assessment week Week 7 - Gap week</p>	<p>Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week</p> <p><b><u>Trampolining</u></b></p> <p>Week1 - Front drop Week 2 -Back drop Week 3 -Back drop to front drop variations Week 4 -Cradle (Back drop – forward – half twist – Back drop) Week 5 - Somersaults Week 6 - Assessment week Week 7 - Gap week</p>	<p>Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week</p> <p><b><u>Or</u></b></p> <p><b><u>Leadership Programme</u></b></p> <p>TBC</p>	<p>Week 5 - Reverse Shot Week 6 - Assessment week Week 7 - Gap week</p> <p><b><u>Softball</u></b></p> <p><b><u>Tbc</u></b></p> <p><b><u>Tennis</u></b></p> <p><b><u>Tbc</u></b></p>
<p><b>Pathway 2 health and wellbeing.</b></p>	<p><b><u>Fitness - Health and wellbeing</u></b></p> <p>Week1 - importance of exercise Week 2 -diet Week 3 -gym session planning Week 4 -outdoor session planning Week 5 - cross fitt Week 6 - Assessment</p>	<p><b><u>2 years- Leadership Programme</u></b></p> <p>Sports leaders/refereeing/umpiring</p> <p>TBC</p>	<p><b><u>Badminton</u></b></p> <p>Week1 - Serve Week 2 -Overarm clear Week 3 -Drop shot Week 4 -Smash Week 5 - Match Play Week 6 - Assessment week Week 7 - Gap week</p> <p><b><u>Volleyball</u></b></p>	<p><b><u>Fitness</u></b></p> <p>Week1 - Crossfit Week 2 -Techniques Week 3 -Lifts Week 4 - Continuous/interval sessions. Week 5 - Crossfit games Week 6 - Assessment week Week 7 - Gap week</p>	

	week Week 7 - Gap week		Week1 - Serve Week 2 - dig Week 3 - set Week 4 -spike Week 5 - game play Week 6 - Assessment week Week 7 - Gap week  <b><u>Basketball</u></b>  Week1 - Dribbling Week 2 - Passing Week 3 - Crossover dribble. Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week	<b><u>Dance</u></b> TBC  <b><u>Table Tennis</u></b>  Week1 - serve Week 2 -fore hand drive Week 3 -back hand drive Week 4 - forehand push Week 5 - backhand push Week 6 - Assessment week Week 7 - Gap week  Net and wall games	
<b><u>Assessments to be confirmed</u></b>	Practical skills assessment Officiating assessment Theory Assessment				
<b>Year 11 Core</b>  <b>Students will choose a pathway.</b>  <b>They will be able to revisit at Christmas. All students will complete LC 5.</b>					

<b>Pathway 1- Sports</b>	<b><u>Football</u></b> Week1 - Passing Week 2 - shooting Week 3 - Crossing Week 4 - Attacking Week 5 - Defending Week 6 - Assessment week Week 7 - Gap week	<b><u>Badminton</u></b> Week1 - Serve Week 2 -Overarm clear Week 3 -Drop shot Week 4 -Smash Week 5 - Match Play Week 6 - Assessment week Week 7 - Gap week	<b><u>Handball</u></b> Week1 - Positional sense Week 2 -Attacking Week 3 -Defending Week 4 -Shooting Week 5 - Jump Shot Week 6 - Assessment week Week 7 - Gap week	<b><u>Badminton</u></b> Week1 - Serve Week 2 -Overarm clear Week 3 -Drop shot Week 4 -Smash Week 5 - Match Play Week 6 - Assessment week Week 7 - Gap week	<b><u>Athletics</u></b> Week1 - sprinting Week 2 - 400m/800m Week 3 - Long Jump/triple Jump Week 4 - High Jump Week 5 - Javelin Week 6 - Shot Putt Week 7 - Discuss
	<b><u>Rugby</u></b> Week1 - Tackling Week 2 -Tackling Week 3 -Passing Week 4 -Attacking Week 5 - Defending Week 6 - Assessment week Week 7 - Gap week	<b><u>Volleyball</u></b> Week1 - Serve Week 2 - dig Week 3 - set Week 4 -spike Week 5 - game play Week 6 - Assessment week Week 7 - Gap week	<b><u>Gymnastics-Flight</u></b> Week1 - Flight Week 2 -Flight Week 3 -Flight Week 4 -Flight Week 5 - Flight Week 6 - Assessment week Week 7 - Gap week	<b><u>Table tennis</u></b> Week1 - serve Week 2 -fore hand drive Week 3 -back hand drive Week 4 - forehand push Week 5 - backhand push Week 6 - Assessment week Week 7 - Gap week	<b><u>Cricket</u></b> Week1 - Bowling Week 2 - Batting Week 3 - Forward Drive Week 4 - Fielding Week 5 - Pull Shot Week 6 - Assessment week Week 7 - Gap week
	<b><u>Netball</u></b> Week1 - Positions Week 2 -Attacking Week 3 -Defending Week 4 -shooting Week 5 - Game play Week 6 - Assessment week Week 7 - Gap week	<b><u>Basketball</u></b> Week1 - Dribbling Week 2 - Passing Week 3 - Crossover dribble. Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week	<b><u>Basketball</u></b> Week1 - Dribbling Week 2 - Passing Week 3 - Crossover dribble. Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week	<b><u>Basketball</u></b> Week1 - Dribbling Week 2 - Passing Week 3 - Crossover dribble. Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week	<b><u>Rounders</u></b> Week1 - Bowling Week 2 - Batting Week 3 - Batting Week 4 - Drive Week 5 - Reverse Shot Week 6 - Assessment week Week 7 - Gap week
	<b><u>Fitness</u></b> Week1 - Crossfit Week 2 -Techniques	<b><u>Table Tennis</u></b> Week1 - serve Week 2 -fore hand	<b><u>Trampolining</u></b> Week1 - Front drop Week 2 -Back drop	<b><u>Or</u></b> <b><u>Leadership Programme</u></b>	<b><u>Softball</u></b> <b><u>Tbc</u></b>

	<p>Week 3 -Lifts  Week 4 - Continuous/interval sessions.  Week 5 - Crossfit games  Week 6 - Assessment week  Week 7 - Gap week</p>	<p>drive  Week 3 -back hand drive  Week 4 - forehand push  Week 5 - backhand push  Week 6 - Assessment week  Week 7 - Gap week</p>	<p>Week 3 -Back drop to front drop variations  Week 4 -Cradle (Back drop – forward – half twist – Back drop)  Week 5 - Somersaults  Week 6 - Assessment week  Week 7 - Gap week</p>	<p>TBC</p>	<p><u>Tennis</u>  <u>Tbc</u></p>
<p><b>Pathway 2 health and wellbeing.</b></p>	<p><b><u>Fitness - Health and wellbeing</u></b></p> <p>Week1 - importance of exercise  Week 2 -diet  Week 3 -gym session planning  Week 4 -outdoor session planning  Week 5 - cross fitt  Week 6 - Assessment week  Week 7 - Gap week</p>	<p><b><u>Sports leaders/refereein g/umpiring</u></b></p> <p><b><u>Leadership Programme</u></b></p> <p><b><u>TBC</u></b></p>	<p><b><u>Badminton</u></b></p> <p>Week1 - Serve  Week 2 -Overarm clear  Week 3 -Drop shot  Week 4 -Smash  Week 5 - Match Play  Week 6 - Assessment week  Week 7 - Gap week</p> <p><b><u>Volleyball</u></b></p> <p>Week1 - Serve  Week 2 - dig  Week 3 - set  Week 4 -spike  Week 5 - game play  Week 6 - Assessment week  Week 7 - Gap week</p> <p><b><u>Basketball</u></b></p> <p>Week1 - Dribbling  Week 2 - Passing  Week 3 - Crossover</p>	<p><b><u>Fitness</u></b></p> <p>Week1 - Crossfit  Week 2 -Techniques  Week 3 -Lifts  Week 4 - Continuous/interval sessions.  Week 5 - Crossfit games  Week 6 - Assessment week  Week 7 - Gap week</p> <p><b><u>Dance</u></b>  TBC</p>	

			dribble. Week 4 - Lay up Week 5 - Shooting Week 6 - Assessment week Week 7 - Gap week  <b><u>Table Tennis</u></b>  Week1 - serve Week 2 -fore hand drive Week 3 -back hand drive Week 4 - forehand push Week 5 - backhand push Week 6 - Assessment week Week 7 - Gap week  Net and wall games		
<b><u>Assessments to be confirmed</u></b>	Practical skills assessment Officiating assessment Theory Assessment				

- Students will choose a pathway at the start of the year. Once chosen they will not be able to change their path until at Christmas.
- Rationale behind this decision is our belief for KS4 core is to enhance their healthy active lifestyle, give the students key information they require for the future, I.E gym sessions.
- Students who choose the sport pathway, will take part in the traditional core PE aspect of the curriculum. These students will develop their tactical, practical and emotional wellbeing.
- All students will take part in summer sports such as athletics, cricket etc
- To be a relaxed yet high achieving lesson, where **EACH** child instills the importance of Physical Education and healthy living.
- Each student will take part in a leadership project. Refereeing, umpiring. They will all gain a King's quality assured certificate. Should any students feel/capable of taking it as an extracurricular activity, aspects will be put in place and contact will be made with the relevant affiliation.

### Key

Black - What is being taught

Red - Completed by this LC

Orange - What the PE department need to do by this time.

Green- Exam

Blue- Moderation to be sent off

### Cambridge national

**R185:** Performance and leadership in sports activities - Assessed by school moderated by OCR

**R186:** Sport and media- Assessed by school moderated by OCR

**R184:** Contemporary issues in sport- Exam moderated and marked by OCR



	LC1 -	LC2 -	LC3 -	LC4 -	LC5 -
<b>Year 9 Cambridge National Sports Studies</b>	Practical Knowledge enhancement- <b>R185: Performance and leadership in sports activities</b>  Double lesson practical	Practical Knowledge enhancement- <b>R185: Performance and leadership in sports activities</b>  Double lesson practical	Practical Knowledge enhancement- <b>R185: Performance and leadership in sports activities</b>  Double lesson practical	Practical Knowledge enhancement- <b>R185: Performance and leadership in sports activities</b>  <b>R186: Sport and media</b>  1 lesson practical 1 theory lesson	Practical Knowledge enhancement- <b>R185: Performance and leadership in sports activities</b>  <b>R186: Sport and media</b>  1 lesson practical 1 theory lesson
<b>Year 10 Cambridge National Sports Studies</b>	<b>R185: Performance and leadership in sports activities</b>  Double Practical	<b>R185: Performance and leadership in sports activities</b> <b>Finished</b>  Double Practical Internal King's moderation for practical	<b>R186: Sport and media</b>  Double Theory	<b>R186: Sport and media Coursework -</b>  Double Theory	<b>R186: Sport and media Coursework - Finished</b>  <b>R184: Contemporary issues in sport -</b> Exam Content Start:  Double Theory

<p align="center"><b>Year 11 Cambridge National Sports Studies</b></p>	<p><b>R184: Contemporary issues in sport</b></p> <p><b>Double Theory</b></p>	<p><b>R184: Contemporary issues in sport</b></p> <p><b>R185: Performance and leadership in sports activities</b></p> <p><b>Double Theory</b></p>	<p><b>R184: Contemporary issues in sport</b></p> <p><b>R186: Developing sports skills - Mop up</b></p> <p>Internal King's Moderation - everything</p> <p><b>Double theory</b></p>	<p><b>R184: Contemporary issues in sport</b></p> <p>Send all students data for Moderation - Must to be completed before the exam.</p> <p><b>Double theory</b></p>	<p><b>R184: Contemporary issues in sport Exam in June</b></p>
--	--	--	---	---	---