

Key Stage 4 Physical Education – 2019/2020



The Archbishop's School  
Canterbury

| Year group | Activity | Autumn 1  | Autumn 2   | Spring 1   | Spring 2   | Summer 1   | Summer 2   |
|------------|----------|---|--|--|--|--|--|
| 10         | 1        | G1 Netball<br>G2 Hockey<br>B1 Rugby<br>B2 Football                    | G1 Multi-sports<br>G2 Netball<br>B1 Football<br>B2 Rugby | G1 X-Country<br>G2 X-Country<br>B1 X-Country<br>B2 X-Country   | G1 H.R.F<br>G2 Volleyball<br>B1 Basketball<br>B2 Multisports | G1 Athletics<br>G2 Athletics<br>B1 Athletics<br>B2 Athletics   | G1 Striking and Fielding<br>G2 Striking and Fielding<br>B1 Striking and Fielding<br>B2 Striking and Fielding |
|            | 2        | G1 Basketball<br>G2 Netball<br>B1 Rugby<br>B2 Football                | G1 H.R.F<br>G2 Football<br>B1 Football<br>B2 Rugby       | G1 X-Country<br>G2 X-Country<br>B1 X-Country<br>B2 X-Country   | G1 H.R.F<br>G2 Volleyball<br>B1 Basketball<br>B2 Multisports | G1 Striking and Fielding<br>G2 Striking and Fielding<br>B1 Striking and Fielding<br>B2 Striking and Fielding | G1 Athletics<br>G2 Athletics<br>B1 Athletics<br>B2 Athletics   |
| 11         | 1        | G1 Netball/Basketball<br>G2 Hockey/Netball<br>B1 Rugby<br>B2 Football | G1 H.R.F<br>G2 H.R,F<br>B1 Football<br>B2 Rugby          | G1 Multisports<br>G2 Multisports<br>B1 Football<br>B2 Football | G1 H.R.F<br>G2 Badminton<br>B1 Fitness<br>B2 Multi-sport     | G1 Athletics<br>G2 Athletics<br>B1 Athletics<br>B2 Athletics   | G1 Striking and Fielding<br>G2 Striking and Fielding<br>B1 Striking and Fielding<br>B2 Striking and Fielding |

## Acquiring and developing skills

### 1 Pupils should be taught to:

- a consolidate their existing skills and gain new ones
- b perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics and compositional ideas

### 2 Pupils should be taught to:

- a plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities
- b develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- c apply rules and conventions for different activities.

Evaluating and improving performance

### 3 Pupils should be taught to:

- a identify what makes a performance effective
- b suggest improvements based on this information.

Knowledge and understanding of fitness and health

### 4 Pupils should be taught:

- a how exercise affects the body in the short term
- b to warm up and prepare appropriately for different activities
- c why physical activity is good for their health and well-being
- d why wearing appropriate clothing and being hygienic is good for their health and safety

### 5 During the key stage, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

- a dance activities
- b games activities
- c gymnastic activities
- and two activity areas from:
  - d swimming activities and water safety
  - e athletic activities
  - f outdoor and adventurous activities.