



| Year Group | 10&11 Core PE | | | | | |
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| Subject intent | Students will focus on improving their physical, social and emotional wellbeing through an engaging range of sport and physical activities. This is achieved through experiencing a range of sporting activities within specific areas (invasion, net-wall, performing at maximum, accurate replication and striking and fielding). We believe that students deserve a broad and ambitious Physical Education curriculum, rich in skills and knowledge, which develops physical, social and emotional well-being which prepares them well for future learning or employment. | | | | | |
| Subject Implementation | Autumn 1 Fitness These sessions will be delivered as classes where pupils are involved in copying, demonstrating and designing exercises to music. A fitness program is designed by the pupils to actively continue at home. Pupils can actively get ideas from a range of apps. | Autumn 2 Trampoline Different skills will be learnt and each trampoline group will be able to watch a demonstration and then coach the participant on the trampoline. | Spring 1 Games These lessons will incorporate a range of drills for the specific games and focus on a skill for example attacking, passing, shooting. There will be opportunities to coach and referee games. | Spring 2 Racquet Games Different drills and techniques will be administered and an understanding and knowledge of rules and tactics. | Summer 1 Rounders Different warm-up drills and skill development activities will be delivered, and conditioned games will be played. An extra-curricular club will be run alongside this unit of work as well as an inter school tournament and Interhouse. | Summer 2 Athletics A break-down of the key techniques of each event studied will be taught through guided practice. Pupils will have the opportunity to observe others through clips and video analysis apps. Inter School and intra school competitions are held in the summer months and an athletic club after school. |
| Knowledge | Pupils will learn different methods of Fitness, this would include Aerobics/Dance workout and Circuit Training. They will understand how to technically perform the movements with control, fluency and safety. They will be taught the different key sections including a warm-up, cool down and a range of exercises in the appropriate order. | Pupils will receive a skills sheet that they can use to obtain specific awards. Each lesson will focus on landings initially, twists, a combination and rotation activities. The pupils will have the opportunity to create their own routine and put forward into a competition. | Pupils will experience a range of different invasion games: This would include football, basketball, handball, Tchouk-ball, dodgeball, End ball. They will be able to lead warm-ups and understand rules and key terminology. They will be able to set up their own games and organise tournaments. | Pupils will experience different racket games. This would include badminton, indoor tennis and table tennis. The students will be able to lead warm-ups, set up their own drills and organise conditioned games and tournaments | Pupils will develop skills relating to fielding, bowling and batting. Looking at advanced tactics and strategies that can be used to outwit opponents. | Pupils will develop their knowledge and understanding of both track and field events. They will learn some advanced techniques to enable personal bests to be achieved. |
| Skills | Pupils will be able to gain confidence in | Judging, leadership, coaching, communication, | Pupils will develop teamwork skills, | Coordination, understanding of rules and | Key skills include: Organisational, leadership, | Key skills developed include leadership, resilience, |



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| | demonstrating exercises and teaching others as well as developing their physical and mental wellbeing. | resilience and creativity. | communication, leadership and resilience. They will be guided towards participating in clubs outside of school and how the range of skills can fit in with Gatsby careers. | regulations, leadership opportunities and communication. | communication, batting, bowling and fielding skills. | personal bests, recording skills. |
| Subject Impact | Students being able to perform, improve their performance, enjoy themselves as well as seeing the benefit of Exercise/fitness. | | | | | |
| Assessment | Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Provide opportunities for pupils to assess their own performance and implement strategies for improvement. Pupils will be assessed on their improvements throughout the unit of work and their knowledge and understanding. | | | | | |