**SUBJECT: PE YEAR GROUP: Key Stage 4 (2022/2023) CURRICULUM TIME: 2 hours per week**

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| **Half Term One (Autumn)- 7** | **Half Term Two (Autumn)- 7** | **Half Term Three (Spring)- 6** |
| **Multi Skills (Dodgeball/ Touch Rugby)**  **Extending skills in:**  1.Dodgeball, Box Games, Kickball  2. Dodgeball, Boxgames, Kickball  3. Team catching games, Bench ball games  4. Team catching games, Bench ball games  5. Touch Rugby, Aussie Rules  6. Touch Rugby, Aussie Rules  7. Tournament Games | **Team Building/ Fitness**  November  **Extending skills in:**  1,2. Team Building Activities/ Fitness challenges  3,4. Problem Solving Activities Fitness/  X Country run (Bernards Heath Park)  **Gymnastics**  December  5,6. Gymnastic Skills   1. Gymnastic Sequences | **Football (TG)**  **Extending skills in:**   1. Fitness 1 for football 2. Tactics 2 for football   3. Controlling/passing  4. dribbling/ tackling  5. shooting/ TG’s  6. **National Deaf Schools 5 a side Tournament Derby - February** |
| **Half Term Four (Spring)- 5** | **Half Term Five (Summer)- 7** | **Half Term Six (Summer)- 6 1/2** |
| **Hockey (TG)**  **Extending skills in:**  1. Stick control/ Rules/ controlling/ passing  2. Dribbling/ shooting  3. Attacking and Defending/Team Games  **Badminton as alternative sport here**  **Basketball/ Netball (TG)**  1. Passing/ receiving Basketball  2. Dribbling/ shooting  3. Team Games (Basketball/ Dodgeball) | **Cricket (Ind)**  **Extending skills in:**  1. Skills and rules within cricket  2. Catching/ fielding skills  3. Batting/ bowling skills. Team Games  **Tennis (Ind)**  4. Rallying Skills and tennis rules  5. Rallying/Serving  6. Other tennis skills. Team Games | **Athletics(Ind) Extending skills in:**  1. Endurance activities/ Fitness tests  2. Field events 1 (Long Jump/ High Jump)  3. Field events 2 (Shot Put/ Discus)  **Rounders (TG)**  4. Rounders skills and rules  5. Rounders batting  6. Rounders fielding  School Sports Day |

**PE Curriculum of Intent**

Allocation of Sports/ Physical activities within the PE curriculum follows gradual key skill progression, seasonal weather for indoor and outdoor facility use, and school competition calendars. Following a period of possible inactivity/ no formal PE lessons all students begin the academic year with focus on multi skill development (throwing, catching, agility, balance, coordination). Summer sports of athletics, crickets, rounders and tennis naturally fall within the spring/summer term.

Throughout the academic year students engage in a varied curriculum offering many challenging and competitive individual and team sporting activities.

Students also have opportunities to develop further skills in PE such as leadership, communication and confidence in PE through leading activities for their peers. Team working, problem solving and resilience are other key areas of personal development.

Students progress their skills through repetition of sporting activities through their secondary education. As students develop and make continued progress with their skills they engage in more challenging team and individual games with their peers.

Students are also encouraged to progress their skills through continued practise outside of lessons and through sports clubs in their local communities.

In KS4 students have the option to study for a 2 year Sports Studies qualification. This course gives students further opportunities to evaluate and improve on their skills and develops students’ understanding of the world of sport and possible employment within the sports sector.