

(KS4) (Core PE) Curriculum Summary

Activity	Unit / title	Core knowledge / links to previous and future learning	Formative (interim) assessment / homework	Formal assessment
1	Football	<ul style="list-style-type: none"> ● Skills: passing patterns of play, corners, throw ins, free kicks and penalties. ● Rules: Direct-indirect free-kicks, offside rule, fouls in the box ● Tactics: set play variations, tika taka, 11 a side formations 	Practical observation (Practical ability & Sporting Characteristics assessment)	Teacher Assessment
2	Fitness	<p>Fitness</p> <ul style="list-style-type: none"> ● Skills. Programme Design (Targets, Goals) ● Rules: How to progress your workout (Intensity, Progressive Overload, Reversibility) ● Plan Considerations: Variation (Intensity, Tedious) ● Success Criteria : Session Review (Progress, Goals, Outcomes, Success) 	Practical observation (Practical ability & Sporting Characteristics assessment)	Teacher Assessment
3	Leadership	<p>Skills: Skills and qualities of effective leadership</p> <p>Rules: 3 part lesson plan – design and implementation</p> <p>Planning Considerations- Warm up, skill development, skill progression, conditioned game, cool down</p> <p>Success Criteria: Safe and effective practice, enjoyment and participation</p>	Practical observation (Practical ability & Sporting Characteristics assessment)	Teacher Assessment
4	Badminton	<ul style="list-style-type: none"> ● Skills: Shot variation ● Rules: Diagonal serve rules, singles and doubles court 	Practical observation (Practical ability &	Teacher Assessment

		<p>lines.</p> <ul style="list-style-type: none"> ● Tactics: Full court singles and doubles play 	Sporting Characteristics assessment)	
5	Basketball	<ul style="list-style-type: none"> ● Skills: Stealing ● Rules: Time Violations (5 sec, 34 sec) ● Tactics: Half Court Press 	Practical observation (Practical ability & Sporting Characteristics assessment)	Teacher Assessment
7	Rounders	<ul style="list-style-type: none"> ● Skills: Positioning on the post, catch and strike swiftly. Have a connection between the bat and ball and be able to strie the ball out of the quad. ● Rules: 9 on a rounders team and positioning. ● Tactics: Use the miss fielding rile, contact with the post rule and hit behind rule to gain/stop runs. 	Practical observation (Practical ability & Sporting Characteristics assessment)	Teacher Assessment
8	Cricket	<ul style="list-style-type: none"> ● Skills: Batting - Batting - backfoot shots (drive, defence, square cut and pull) Fielding - wicket keeping ● Rules: LBW, Bye and Leg Bye ● Tactics: Shot placement 	Practical observation (Practical ability & Sporting Characteristics assessment)	Teacher Assessment
9	Athletics	<ul style="list-style-type: none"> ● Throwing Events: Javelin & Shot Put. ● Sprint Events: 100m, 200m & Relay. ● Endurance Events: 400m & 800m. ● Jumping Events: High Jump. 	Practical observation (Practical ability & Sporting Characteristics assessment)	Teacher Assessment