

Key Stage 4 Physical Education Learning Journey - Perfect & Master



Ultimate Frisbee
 Recap Rules
 Refine & perfect throwing techniques
 Backhand, Forehand
 Refine Catching Techniques
 Pancake Catch, Two & One Handed catches
 Perfect tactics for competitive gameplay.
 Outwitting opponents

Yr 10

Softball
 Perfect & master throwing and catching. Perfect & master range of fielding techniques
 Perfect & master directional Batting – backhand hit Perfect & master bowling techniques changing pace & trajectory Perfect & master golden triangle execution
 Tactical awareness – exploiting strengths & weaknesses
 Undertaking different roles within sporting context



Cricket
 Batting- Refine /perfect previous learnt batting strokes & put them into various match play.
 Bowling refine/perfect spin previous learnt bowling techniques
 Fielding refine/perfect spin previous learnt fielding techniques including wicketkeeper. To be able to officiate small sided games

Yr 10



Athletics
 Refine & perfect sprint starts – emphasis on straight line. Refine crouch start -Students adopt roles of runner, coach & starter. Emphasis on leg, arm action & head, position.
 Refine/perfect different techniques for distance racing – pacing & position on track. Perfect baton exchange down sweep. Refine and perfect technique for throwing & jumping events. Pupils to develop/refine/perfect coaching and officiating skills.

Yr 10/11

Summer Term

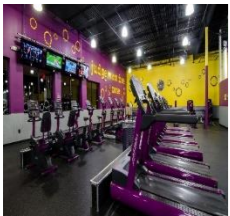
Table Tennis
 Perfect backhand and forehand serve, perfect forehand and Backhand topspin.
 Refine forehand and backhand backspin.
 Refine tactics to play against opponents in doubles & singles competition.



Inter house sports competitions



Rugby
 Perfect - Passing -Scissors pass, loop review. Passing in channels with staggered opponents. Perfect swerve/ dummy pass/ sidestep. Rucking perfect 3man ruck. Progress to 6man ruck Scrum & lineouts in different positions– Perfect rules relating to lineouts (ball in straight, no lifting) and scrums (feet down when ball is in, put ball in straight).
 Unopposed, opposed. Perfect tackle shields up a channel (Emphasis on body position, binding, driving under control,



Fitness
 Recap over equipment & refine Exercising safely. Develop and perfect Fitness Testing for different components of fitness and training zone. Develop & perfect by Monitoring, record a fitness session. Understand the Short and Long Term effects of exercise on the body



Autumn/ Spring Term



BACK TO SCHOOL
 Start School

KS4

Introduction to P.E.
 What Kit you need for each sport
 Expectations in lessons& explain option system. What do team games consist of.
 Joining XC clubs

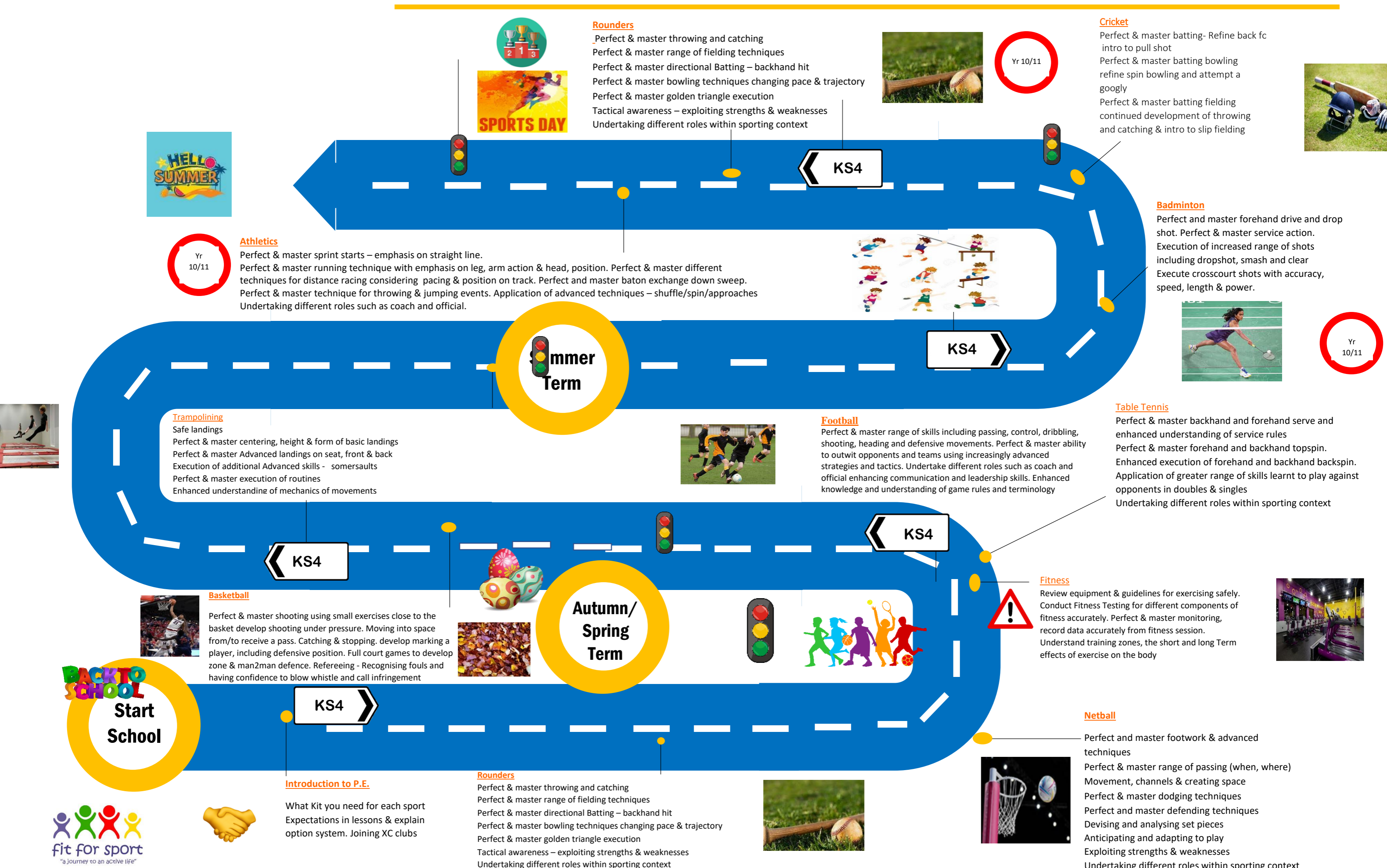


Football
 Pupils will perform and perfect the skills of passing, control, dribbling, shooting, heading and defensive movements Pupils will further perfect the ability to outwit opponents and teams using strategies and tactics. Develop & refine coaching role and leading part of the session to gain vital communication and leadership & too perfect full knowledge of game rules and terminology

Basketball
 To perfect shooting and refine hook shot & perfect shooting under pressure. Lay-up from both sides of basket. Half/full court 5v5. Moving into space from/to receive a pass. Catching & stopping. develop marking a player, including defensive position. Half court games to refine awareness and react to opponent's pressure. To refine & perfect zone & man2man defence. Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Refereeing – refine officiating by recognising fouls calling any infringements.



Key Stage 4 Physical Education Learning Journey – Perfect & Master



Yr 10/11

Athletics

Perfect & master sprint starts – emphasis on straight line.
 Perfect & master running technique with emphasis on leg, arm action & head, position. Perfect & master different techniques for distance racing considering pacing & position on track. Perfect and master baton exchange down sweep.
 Perfect & master technique for throwing & jumping events. Application of advanced techniques – shuffle/spin/approaches
 Undertaking different roles such as coach and official.



Rounders

Perfect & master throwing and catching
 Perfect & master range of fielding techniques
 Perfect & master directional Batting – backhand hit
 Perfect & master bowling techniques changing pace & trajectory
 Perfect & master golden triangle execution
 Tactical awareness – exploiting strengths & weaknesses
 Undertaking different roles within sporting context



Yr 10/11

Cricket

Perfect & master batting- Refine back fc intro to pull shot
 Perfect & master batting bowling refine spin bowling and attempt a googly
 Perfect & master batting fielding continued development of throwing and catching & intro to slip fielding



Badminton

Perfect and master forehand drive and drop shot. Perfect & master service action.
 Execution of increased range of shots including dropshot, smash and clear
 Execute crosscourt shots with accuracy, speed, length & power.



Yr 10/11

Summer Term

KS4

Trampolining

Safe landings
 Perfect & master centering, height & form of basic landings
 Perfect & master Advanced landings on seat, front & back
 Execution of additional Advanced skills - somersaults
 Perfect & master execution of routines
 Enhanced understanding of mechanics of movements



Football

Perfect & master range of skills including passing, control, dribbling, shooting, heading and defensive movements. Perfect & master ability to outwit opponents and teams using increasingly advanced strategies and tactics. Undertake different roles such as coach and official enhancing communication and leadership skills. Enhanced knowledge and understanding of game rules and terminology

Table Tennis

Perfect & master backhand and forehand serve and enhanced understanding of service rules
 Perfect & master forehand and backhand topspin.
 Enhanced execution of forehand and backhand backspin.
 Application of greater range of skills learnt to play against opponents in doubles & singles
 Undertaking different roles within sporting context

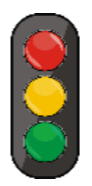
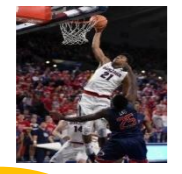
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Autumn/Spring Term

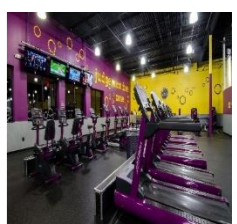
Basketball

Perfect & master shooting using small exercises close to the basket develop shooting under pressure. Moving into space from/to receive a pass. Catching & stopping. develop marking a player, including defensive position. Full court games to develop zone & man2man defence. Refereeing - Recognising fouls and having confidence to blow whistle and call infringement



Fitness

Review equipment & guidelines for exercising safely.
 Conduct Fitness Testing for different components of fitness accurately. Perfect & master monitoring, record data accurately from fitness session.
 Understand training zones, the short and long Term effects of exercise on the body



BACK TO SCHOOL Start School

KS4

Introduction to P.E.

What Kit you need for each sport
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Rounders

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Netball

Perfect and master footwork & advanced techniques
 Perfect & master range of passing (when, where) Movement, channels & creating space
 Perfect & master dodging techniques
 Perfect and master defending techniques
 Devising and analysing set pieces
 Anticipating and adapting to play
 Exploiting strengths & weaknesses
 Undertaking different roles within sporting context

