

CORE PE Curriculum Overview

Year	Autumn		Spring		Summer	
	HT1	HT2	HT3	HT4	HT5	HT6
KS3	<u>Future Pathways</u>		<u>Future Pathways</u>		<u>Future Pathways</u>	
KS4 Year 1	<p><u>Table Tennis</u></p> <ul style="list-style-type: none"> • Service • Forehand and backhand • Topspin and backspin • Gameplay • Tactics and strategies • Rules • Scoring and umpiring <p><u>Badminton</u></p> <ul style="list-style-type: none"> • Service • Overhead clear • Drop Shot • Smash • Gameplay • Tactics and strategies • Rules • Scoring and umpiring 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> • Passing • Dribbling • Shooting • Gameplay • Tactics and strategies • Rules • Scoring and umpiring <p><u>Dodgeball</u></p> <ul style="list-style-type: none"> • Throwing and catching • Dodge, duck, dip, dive and dodge • Gameplay • Organise school competition 	<p><u>Fitness</u></p> <ul style="list-style-type: none"> • Warm up, stretching and cool down • Fitness testing • Training methods • Heart rate and training zones 	<p><u>Problem Solving</u></p> <ul style="list-style-type: none"> • Communication skills • Trust • Team work • Problem solving activities 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Running • Relay • Jumping • Throwing 	<p><u>Kwik-Cricket</u></p> <ul style="list-style-type: none"> • Throwing and catching • Fielding • Batting • Bowling • Gameplay • Tactics and strategies • Rules • Scoring and umpiring
Ks4 Year 2	<p><u>Football</u></p> <ul style="list-style-type: none"> • Passing • Tackling • Dribbling • Shooting • Gameplay • Tactics and strategies • Rules • Scoring and umpiring <p><u>Volleyball</u></p> <ul style="list-style-type: none"> • Service • Setting • Digging • Blocking and spiking • Gameplay • Tactics and strategies • Rules • Scoring and umpiring 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> • Passing • Tackling • Dribbling • Shooting • Gameplay • Tactics and strategies • Rules • Scoring and umpiring <p><u>Netball</u></p> <ul style="list-style-type: none"> • Footwork • Passing • Shooting • Marking • Gameplay • Tactics and strategies • Rules • Scoring and umpiring 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Unison and cannon • Timing, flow and effort • Styles of dance • Compose routine <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Rolls • Balance • Partner work • Compose routine 	<p><u>Leadership</u></p> <ul style="list-style-type: none"> • Communication • Good and bad leaders • Parts of a session • Planning an activity • Leading an activity 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> • Service • Forehand and backhand • Slice and volley • Gameplay • Tactics and strategies • Rules • Scoring and umpiring 	<p><u>Rounders</u></p> <ul style="list-style-type: none"> • Throwing and catching • Fielding • Batting • Bowling • Gameplay • Tactics and strategies • Rules • Scoring and umpiring

*AQA Unit Award Level 1 – Anatomy and Physiology for Sport (105226)

*AQA Unit Award Level 1 – Devising and Carrying Out Own Health and Fitness Programme (78142)