

**Subject - KS4**

**Subject - CORE PE**

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 10	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
	Netball	Foot ball	Fitness	Badminton	Badminton	Fitness	Trampolining	Hand ball	Rounders	Athletics	Rounders	Athletics
	Fitness	Badminton	Netball	Foot ball	Trampolining	Handball	Badminton	Fitness	Athletics	Rounders	Athletics	Tennis
	<b>Girls Autumn 1 and 2</b>		<b>Boys Autumn 1 and 2</b>		<b>Girls Spring 1 and 2</b>		<b>Boys Spring 1 and 2</b>		<b>Girls Summer 1 and 2</b>		<b>Boys Summer 1 and 2</b>	
<b>NETBALL</b>		<b>BADMINTON</b>		<b>TRAMPOLINING</b>		<b>HANDBALL</b>		<b>ROUNDERS</b>		<b>ATHLETICS</b>		
Teamwork, co-operation, resilience, leadership Popularity within school community both in and out of school Invasion game – links with other KS4 activities such as handball, football, and basketball		Sport for all, student enjoyment, popularity within the school community - links to other KS4 activities such as tennis, table tennis and volleyball and part of our extracurricular culture activities		is a sport for all, encouraging inclusive participation and student enjoyment. It remains a popular activity within the school community, offering a fun and engaging way for students to stay active. Trampolining promotes skills such as coordination, agility, and timing. Trampolining promotes a healthy and active lifestyle		Teamwork, co-operation, resilience, leadership New sport at KS4		Sports for all, student enjoyment, popularity within the school community Striking and fielding activity - links to other KS4 activities such as cricket		Promotes inclusive participation and student enjoyment across a wide range of track and field events. It remains a popular choice within the school community, giving every student the opportunity to improve personal performance and explore individual strengths		
<b>FITNESS</b> Promotes Goal Setting: How to set realistic and		<b>FOOTBALL</b> Teamwork, co-operation, resilience, leadership				<b>FITNESS</b> Promotes Goal Setting: How to set realistic and achievable fitness goals. Monitoring Progress: Methods		<b>ATHLETICS</b> Promotes inclusive participation and student enjoyment across a wide range of track and field events. It remains a popular choice within the school		<b>TENNIS</b>		

	<p>achievable fitness goals. Monitoring Progress: Methods to track and evaluate fitness progress. Understanding Fitness Assessments: Interpreting results from fitness tests (e.g., the beep test, sit-and-reach test).</p> <p><b>Sports Leaders Level 1 (optional)</b></p> <p>Sports Leaders will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</p>	<p>Popularity within school and out of school with lots of extracurricular activities – links with other KS4 activities such as handball, basketball and netball. Football is a popular choice with students</p> <p><b>Sports Leaders Level 1 (optional)</b></p> <p>Sports Leaders will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</p>	<p>beyond the classroom.</p> <p><b>BADMINTON</b></p> <p>Sport for all, student enjoyment, popularity within the school community - links to other KS4 activities such as tennis, table tennis and volleyball and part of our extracurricular culture activities</p> <p><b>Sports Leaders Level 1 (optional)</b></p> <p>Sports Leaders will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</p>	<p>to track and evaluate fitness progress. Understanding Fitness Assessments: Interpreting results from fitness tests (e.g., the beep test, sit-and-reach test).</p> <p><b>Sports Leaders Level 1 (optional)</b></p> <p>Sports Leaders will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</p>	<p>community, giving every student the opportunity to improve personal performance and explore individual strengths</p> <p><b>Sports Leaders Level 1 (optional)</b></p> <p>Sports Leaders will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</p>	<p>Tennis shares key attributes with other KS4 activities such as badminton, and table tennis—focusing on coordination, agility, and strategic thinking. Tennis supports physical wellbeing, encourages lifelong participation in sport, and fosters a positive, active school ethos.</p> <p><b>Sports Leaders Level 1 (optional)</b></p> <p>Sports Leaders will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</p>
--	--	---	--	---	--	--

Girls	Boys
Fitness	Foot ball
Sport Leader s	Table Tennis

**Girls Autumn 1 and 2**

**FITNESS**

Promotes Goal Setting: How to set realistic and achievable fitness goals. Monitoring Progress: Methods to track and evaluate fitness progress. Understanding Fitness Assessments: Interpreting results from fitness tests (e.g., the beep test, sit-and-reach test).

**Sports Leaders Level 1 (optional)** Sports Leaders will learn and demonstrate important life skills such as effective

Girls	Boys
Sport leaders	Foot ball
Fitness	Table Tennis

**Boys Autumn 1 and 2**

**FOOTBALL**

Football in Year 11 PE promotes teamwork, leadership, communication, inclusivity, and friendship fostering social skills and building social networks.It emphasises fair play, integrity, respect, and discipline, teaching students to play by the rules and respect others.

**TABLE TENNIS**

KS4 Table Tennis is a sport for all, offering an inclusive and enjoyable environment where students of all

Girls	Boys
Tourna ments	Sport Leaders
Sport Leaders	Tourna ments

**GirlsSpring 1 and 2**

**TOURNAMENTS**

Tournament Sports promote inclusivity, teamwork, and student enjoyment across a range of competitive activities. Tournament formats encourage collaboration and healthy competition.Tourna ment sports help to build confidence, resilience, and a strong sense of community among students.

**Sports Leaders Level 1 (optional)** Sports Leaders will learn and demonstrate important life skills

Girls	Boys
Tourna ments	Sport Leader s
Sport Leader s	Tourna ments

**Boys Spring 1 and 2**

**TOURNAMENTS**

Tournament Sports promote inclusivity, teamwork, and student enjoyment across a range of competitive activities. Tournament formats encourage collaboration and healthy competition.Tourna ment sports help to build confidence, resilience, and a strong sense of community among students.

**Sports Leaders Level 1 (optional)** Sports Leaders will learn and

Girls	Boys
Tourna ments	Sport Leader s
Sport Leader s	Tourna ments

**Girls and Boys Summer**

**TOURNAMENTS**

Tournament Sports promote inclusivity, teamwork, and student enjoyment across a range of competitive activities. Tournament formats encourage collaboration and healthy competition.Tourna ment sports help to build confidence, resilience, and a strong sense of community among students.

**Sports Leaders Level 1 (optional)** Sports Leaders will learn and demonstrate

**Official Examinations:**  
**No Examinations**

	<p><b>communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</b></p>	<p>abilities can participate and progress. It is a popular activity within the school community, known for its fast-paced, engaging nature. Table tennis links well with other KS4 sports such as tennis, volleyball, and trampolining, sharing key skills such as hand-eye coordination, agility, and quick decision-making. As part of our wider extracurricular culture, table tennis promotes active lifestyles, friendly competition, and social interaction among students.</p>	<p><b>such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</b></p>	<p><b>demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</b></p>	<p><b>important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community</b></p>	
--	---	---	---	---	---	--