



Alcester Academy Curriculum Planning: Key Stage 4 (Core)

Department: Physical Education				Year Group: 9/10/11			
Term	Topic/ subject	Assessment Objectives	Knowledge acquisition	Skill building <i>Intent</i>	Wider reading opportunities to include numeracy and SMSC	Final assessment task and title	SEND & PP Identify where access and learning is supported
Autumn / Spring	FOOTBALL RUGBY	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	F: Passing, Control & Turning/ Heading/ Shooting/ Attack/Beating an opponent/ Defensive Tactics/ Set Plays/SSG's. R: Passing & Use of space/ Outwitting opponents- 3 vs 2 & 5 vs 3/ Tackling + rucking/ Restarting play- line outs/ Scrum development/ Competitive Games	Outwitting opponents. Accurate replication. Performing at maximum levels. Identifying + solving problems. Exercising safely + effectively.	Explaining, instructing, describing, questioning, analysing, evaluating. Counting, scoring, shape, measuring, ordering, grouping, data. Reflection, awareness, challenge. Teamwork, rules, self- discipline, fair play.	Ongoing assessment across activity areas to determine appropriate Attitude to Learning.	Equipment / graded groupings /area/drills/supp ort-peer & staff
	NETBALL HANDBALL	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	N: Recap netball fundamentals/ Use of space/court linkage/ Attacking principles/ Defending principles/ Tactics- Centre pass/within the circle/ Game play H: dribbling/passing/ receiving/ Use of space/ attacking principles/ Defending/tackling/ Shooting/set plays/ Positioning/formations/ Outwitting Opponents in a competitive game situation	Outwitting opponents. Accurate replication. Performing at maximum levels. Identifying + solving problems. Exercising safely + effectively.	Explaining, instructing, describing, questioning, analysing, evaluating. Counting, scoring, shape, measuring, ordering, grouping, data. Reflection, awareness, challenge. Teamwork, rules, self- discipline, fair play.	Ongoing assessment across activity areas to determine appropriate Attitude to Learning.	Equipment / graded groupings /area/drills/supp ort-peer & staff



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	GYMNASTICS DANCE	Develop their technique and improve their performance in other competitive sports. Perform dances using advanced dance techniques within a range of dance styles and forms. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	G: Recap rotation & jumps/ Recap balance – Individual/Partner work/ Intro to basic vaulting/ Vaulting - low level apparatus/ Vaulting – apparatus/ Routine Development D: Development of set choreography/ Pair sequence/ Group sequence/ Rehearsal/ The performance	Accurate replication. Exploring + communicating ideas, concepts and emotions. Performing at maximum levels. Identifying + solving problems. Exercising safely + effectively.	Explaining, instructing, describing, questioning, analysing, evaluating. Counting, scoring, shape, measuring, ordering, grouping, data. Reflection, awareness, challenge. Teamwork, rules, self-discipline, fair play.	Ongoing assessment across activity areas to determine appropriate Attitude to Learning.	Equipment / graded groupings /area/drills/support-peer & staff
	BASKETBALL HEALTH RELATED FITNESS BADMINTON	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	BB: Attacking/Outwitting an opponent/ Develop shooting – lay up/ Defence – Zone/ Strategies for attack/ 3 man weave/ Game tactics/ Outwitting Opponents in a competitive game situation HRF: Warm up/cool down/Interval/Fartlek/T testing/Circuits/Circuit design. BADMINTON: Movement & Forehand rally/Overhead clear/ Smash/ Drop Shot/ Doubles and Singles tactics	Outwitting opponents. Accurate replication. Performing at maximum levels. Identifying + solving problems. Exercising safely + effectively.	Explaining, instructing, describing, questioning, analysing, evaluating. Counting, scoring, shape, measuring, ordering, grouping, data. Reflection, awareness, challenge. Teamwork, rules, self-discipline, fair play.	Ongoing assessment across activity areas to determine appropriate Attitude to Learning.	Equipment / graded groupings /area/drills/support-peer & staff

Additional Autumn / Spring/ Summer	OAA	Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.	Team Building/ Orienteering/ Leadership/ Communication	Performing at maximum levels. Identifying + solving problems. Exercising safely + effectively.	Explaining, instructing, describing, questioning, analysing, evaluating. Counting, scoring, shape, measuring, ordering, grouping, data. Reflection, awareness, challenge. Teamwork, rules, self-discipline, fair play.	Ongoing assessment across activity areas to determine appropriate Attitude to Learning.	Equipment / graded groupings /area/drills/supp ort-peer & staff
Summer	ROUNDERS	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	R:Throw/catch/field/ bowling development/ batting development/ fielding roles/outwitting opponents/tactics. C: Fielding development/batting development/Spin Bowling/Seam bowling/Keeping/Compet itive games.	Outwitting opponents. Accurate replication. Performing at maximum levels. Identifying + solving problems. Exercising safely + effectively.	Explaining, instructing, describing, questioning, analysing, evaluating. Counting, scoring, shape, measuring, ordering, grouping, data. Reflection, awareness, challenge. Teamwork, rules, self-discipline, fair play.	Ongoing assessment across activity areas to determine appropriate Attitude to Learning.	Equipment / graded groupings /area/drills/supp ort-peer & staff
	ATHLETICS TENNIS	Develop their technique and improve their performance in other competitive sports. Analyse their performances	A: Sprinting/middle distance/TJ/LJ/SP/ Discus/Javelin. T: Ground strokes/ Outwitting opponents/ Topspin/ Service development/ Lob/smash/ Drop shot/	Outwitting opponents. Accurate replication. Performing at maximum levels.	Explaining, instructing, describing, questioning, analysing, evaluating. Counting, scoring, shape, measuring, ordering, grouping, data.	Ongoing assessment across activity areas to determine appropriate Attitude to Learning.	Equipment / graded groupings /area/drills/supp ort-peer & staff



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		compared to previous ones and demonstrate improvement to achieve their personal best.	Outwitting Opponents in competitive games	Identifying + solving problems. Exercising safely + effectively.	Reflection, awareness, challenge. Teamwork, rules, self-discipline, fair play.		
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Last updated: **Summer 2025**

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims ☐

- develop competence to excel in a broad range of physical activities.
- are physically active for sustained periods of time.
- engage in competitive sports and activities.
- lead healthy, active lives.

Key stage 4

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

- Pupils should be taught to:
- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.