

Term → Year ↓	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b																																																																										
<p>Year 7</p> <p>Focus on the Fundamentals</p> <p><i>Developing self-confidence, knowledge and awareness of a range of sports and physical activities</i></p>	<p>Content: Pupils rotate through a range of sports, physical activities and facilities/venues. The program of study to the right aims to develop pupil confidence, wider awareness and knowledge of a how to lead a healthy lifestyle.</p> <p>It is intended PE at University of Birmingham School helps pupils to embed knowledge and develop practical skills to be used fluently and confidently. Pupils will learn many of the theoretical concepts seen in the GCSE and Sport Studies specifications throughout KS3 Core PE lessons.</p> <p>The curriculum at Key Stage 3 is ambitious and designed to give all learners, particularly the most disadvantaged and those with special educational needs and/or disabilities (SEND) or high needs, the knowledge and cultural capital they need to succeed in life. In particular, it is our departmental mission to develop the confidence, competence and character of pupils to pursue Physical Education courses at Key Stage 4, and ultimately independently engage in lifelong participation.</p>		<table border="1"> <thead> <tr> <th rowspan="2">Y E A R 7</th> <th colspan="3">Core Details</th> <th>Activity 1</th> <th>Activity 2</th> <th>Activity 3</th> <th>Activity 4</th> <th>Activity 5</th> <th>Activity 6</th> </tr> <tr> <th>Cluster</th> <th>Teacher</th> <th>Timetable Clashes</th> <th>Weeks 2 - 7</th> <th>Weeks 8 - 14</th> <th>Week 15 - 21</th> <th>Week 22 - 26</th> <th>Week 27 - 32</th> <th>Week 33 - 39</th> </tr> </thead> <tbody> <tr> <td>7X1</td> <td>REL</td> <td></td> <td>Rugby (F)</td> <td>Netball (SH, PG, M)</td> <td>Dance (MH)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Cricket (F, M & PG, SH)</td> </tr> <tr> <td>7X2</td> <td>JBE</td> <td></td> <td>Rugby (F)</td> <td>Netball (PG, M, SH)</td> <td>Hockey (M & PG)</td> <td>Dance (MH)</td> <td>Badminton (SH)</td> <td>Cricket (M & PG, SH, F)</td> </tr> <tr> <td>7X3</td> <td>LDO</td> <td></td> <td>Rugby (F)</td> <td>Netball (M, SH, PG)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Dance (MH)</td> <td>Cricket (SH, F, M & PG)</td> </tr> <tr> <td>7Y1</td> <td>LDO</td> <td>10C/SS RDU</td> <td>Rugby (F)</td> <td>Netball (SH, PG, M)</td> <td>Dance (MH)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Cricket (F, M & PG, SH)</td> </tr> <tr> <td>7Y2</td> <td>REL</td> <td>10C/SS RDU</td> <td>Rugby (F)</td> <td>Netball (PG, M, SH)</td> <td>Hockey (M & PG)</td> <td>Dance (MH)</td> <td>Badminton (SH)</td> <td>Cricket (M & PG, SH, F)</td> </tr> <tr> <td>7Y3</td> <td>MSO</td> <td>10C/SS RDU</td> <td>Rugby (F)</td> <td>Netball (M, SH, PG)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Dance (MH)</td> <td>Cricket (SH, F, M & PG)</td> </tr> </tbody> </table>					Y E A R 7	Core Details			Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Cluster	Teacher	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39	7X1	REL		Rugby (F)	Netball (SH, PG, M)	Dance (MH)	Badminton (SH)	Hockey (M & PG)	Cricket (F, M & PG, SH)	7X2	JBE		Rugby (F)	Netball (PG, M, SH)	Hockey (M & PG)	Dance (MH)	Badminton (SH)	Cricket (M & PG, SH, F)	7X3	LDO		Rugby (F)	Netball (M, SH, PG)	Badminton (SH)	Hockey (M & PG)	Dance (MH)	Cricket (SH, F, M & PG)	7Y1	LDO	10C/SS RDU	Rugby (F)	Netball (SH, PG, M)	Dance (MH)	Badminton (SH)	Hockey (M & PG)	Cricket (F, M & PG, SH)	7Y2	REL	10C/SS RDU	Rugby (F)	Netball (PG, M, SH)	Hockey (M & PG)	Dance (MH)	Badminton (SH)	Cricket (M & PG, SH, F)	7Y3	MSO	10C/SS RDU	Rugby (F)	Netball (M, SH, PG)	Badminton (SH)	Hockey (M & PG)	Dance (MH)	Cricket (SH, F, M & PG)
	Y E A R 7	Core Details			Activity 1	Activity 2	Activity 3		Activity 4	Activity 5	Activity 6																																																																					
		Cluster	Teacher	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39																																																																						
	7X1	REL		Rugby (F)	Netball (SH, PG, M)	Dance (MH)	Badminton (SH)	Hockey (M & PG)	Cricket (F, M & PG, SH)																																																																							
	7X2	JBE		Rugby (F)	Netball (PG, M, SH)	Hockey (M & PG)	Dance (MH)	Badminton (SH)	Cricket (M & PG, SH, F)																																																																							
	7X3	LDO		Rugby (F)	Netball (M, SH, PG)	Badminton (SH)	Hockey (M & PG)	Dance (MH)	Cricket (SH, F, M & PG)																																																																							
	7Y1	LDO	10C/SS RDU	Rugby (F)	Netball (SH, PG, M)	Dance (MH)	Badminton (SH)	Hockey (M & PG)	Cricket (F, M & PG, SH)																																																																							
	7Y2	REL	10C/SS RDU	Rugby (F)	Netball (PG, M, SH)	Hockey (M & PG)	Dance (MH)	Badminton (SH)	Cricket (M & PG, SH, F)																																																																							
7Y3	MSO	10C/SS RDU	Rugby (F)	Netball (M, SH, PG)	Badminton (SH)	Hockey (M & PG)	Dance (MH)	Cricket (SH, F, M & PG)																																																																								
<p>Skills and Knowledge:</p> <p>Each sport and physical activity genre looks to inspire, explore and lay the foundations of practical, cognitive and social skills, to include:</p> <p><u>Practical skills:</u> develop core skills, apply core skills, use correct skill technique, partake in competitive scenarios and improve personal components of fitness. Utilise the KS3 Assessment Criteria to guide development of core and advanced skills for each sporting activity. Pupils to reflect on the assessment strands and self-assess their proficiency and confidence to perform core and advanced skills in isolation and in authentic competitive scenarios.</p> <p><u>Cognitive skills:</u> what skills and rules are unique to each genre of sport/ activity, how to problem solve and make tactical/ compositional decisions, the basics of skill analysis, why it is important to maintain a healthy active lifestyle.</p> <p><u>Social skills:</u> committed, confident, motivated, determined, respectful, resilient, a positive communicator, curious, fair.</p>																																																																																

Term → Year ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b																																																																														
Year 8 Strengthening Foundations <i>Embedding self-confidence, knowledge and awareness of a range of sports and physical activities</i>	<p>Content: Pupils continue to rotate through a range of sports, physical activities and facilities/venues. The program of study to the right aims to build on pupils confidence, wider awareness and knowledge of a how to lead a healthy lifestyle, in different genres and activities.</p> <p>Utilise the KS3 Assessment Criteria to guide development of core and advanced skills for each sporting activity. Pupils to reflect on the assessment strands and self-assess their proficiency and confidence to perform core and advanced skills in isolation and in authentic competitive scenarios.</p> <p>Pupils will continue to advance their knowledge and strengthen the fundamental practical skills, many of which are transferrable across sports. Pupils will develop their understanding of the theoretical concepts seen in the GCSE and Sport Studies specifications throughout KS3 Core PE lessons.</p>			<p>Skills and Knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, cognitive and social skills, to include:</p> <p><u>Practical skills:</u> transfer core skills between activities, apply core skills, attempt advanced skills. I can make informed decisions about which skill to use when and why. Apply the rules and laws that govern varying sports activities.</p> <p><u>Cognitive skills:</u> how to prepare for physical activity safely, how to warm up effectively, why we warm up, the immediate effects of exercise on the body, lead peers in an effective warm up, apply anatomical language to sporting examples.</p> <p><u>Social skills:</u> review personal performance, review peer performance, provide empathetic feedback, show patience and honesty, show aesthetic sensitivity and integrity, professionally critique performance, suggest performance improvements, be a positive communicator who is considerate and fair.</p>			<table border="1"> <thead> <tr> <th colspan="3">Core Details</th> <th>Activity 1</th> <th>Activity 2</th> <th>Activity 3</th> <th>Activity 4</th> <th>Activity 5</th> <th>Activity 6</th> </tr> <tr> <th>Cluster</th> <th>Teacher</th> <th>Timetable Clashes</th> <th>Weeks 2 - 7</th> <th>Weeks 8 - 14</th> <th>Week 15 - 21</th> <th>Week 22 - 26</th> <th>Week 27 - 32</th> <th>Week 33 - 39</th> </tr> </thead> <tbody> <tr> <td>8X1</td> <td>LDO</td> <td>10C/SS RDU</td> <td>Rugby (F)</td> <td>Hockey (M & PG)</td> <td>Football (F)</td> <td>Badminton (SH)</td> <td>Rounders (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>8X2</td> <td>REL</td> <td>10C/SS RDU</td> <td>Rugby (F)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Football (F)</td> <td>Cricket (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>8X3</td> <td>MSO</td> <td>10C/SS RDU</td> <td>Rugby (F)</td> <td>Football (F)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Softball (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>8Y1</td> <td>MSO</td> <td></td> <td>Rugby (F)</td> <td>Hockey (M & PG)</td> <td>Football (F)</td> <td>Badminton (SH)</td> <td>Rounders (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>8Y2</td> <td>REL</td> <td></td> <td>Rugby (F)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Football (F)</td> <td>Cricket (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>8Y3</td> <td>LDO</td> <td></td> <td>Rugby (F)</td> <td>Football (F)</td> <td>Badminton (SH)</td> <td>Hockey (M & PG)</td> <td>Softball (F)</td> <td>Athletics (F)</td> </tr> </tbody> </table>						Core Details			Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Cluster	Teacher	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39	8X1	LDO	10C/SS RDU	Rugby (F)	Hockey (M & PG)	Football (F)	Badminton (SH)	Rounders (F)	Athletics (F)	8X2	REL	10C/SS RDU	Rugby (F)	Badminton (SH)	Hockey (M & PG)	Football (F)	Cricket (F)	Athletics (F)	8X3	MSO	10C/SS RDU	Rugby (F)	Football (F)	Badminton (SH)	Hockey (M & PG)	Softball (F)	Athletics (F)	8Y1	MSO		Rugby (F)	Hockey (M & PG)	Football (F)	Badminton (SH)	Rounders (F)	Athletics (F)	8Y2	REL		Rugby (F)	Badminton (SH)	Hockey (M & PG)	Football (F)	Cricket (F)	Athletics (F)	8Y3	LDO		Rugby (F)	Football (F)	Badminton (SH)	Hockey (M & PG)	Softball (F)	Athletics (F)
							Core Details			Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6																																																																					
							Cluster	Teacher	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39																																																																					
							8X1	LDO	10C/SS RDU	Rugby (F)	Hockey (M & PG)	Football (F)	Badminton (SH)	Rounders (F)	Athletics (F)																																																																					
							8X2	REL	10C/SS RDU	Rugby (F)	Badminton (SH)	Hockey (M & PG)	Football (F)	Cricket (F)	Athletics (F)																																																																					
							8X3	MSO	10C/SS RDU	Rugby (F)	Football (F)	Badminton (SH)	Hockey (M & PG)	Softball (F)	Athletics (F)																																																																					
							8Y1	MSO		Rugby (F)	Hockey (M & PG)	Football (F)	Badminton (SH)	Rounders (F)	Athletics (F)																																																																					
							8Y2	REL		Rugby (F)	Badminton (SH)	Hockey (M & PG)	Football (F)	Cricket (F)	Athletics (F)																																																																					
							8Y3	LDO		Rugby (F)	Football (F)	Badminton (SH)	Hockey (M & PG)	Softball (F)	Athletics (F)																																																																					

Term → Year ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b																																																																											
Year 9 Young Self, Young Citizen, Young Scholar <i>Refining personal performance and leading others confidently through sport and physical activity</i>	Content: Pupils will choose one of the three options available each half term to pursue, so they can tailor their PE experiences to a route which suits their interests and responds to their needs. Pupil voice informs the sporting genre, as pupils rotate around facilities. This encourages the refinement of remaining committed to, and taking responsibility of one's own decisions. Pupils aim to be the best versions of themselves and encourage others to do the same, with both self- and peer-leadership central to both routes. Pupils learn what it means to make informed decisions and increase their awareness of future options surrounding their involvement in sport and physical activity, in pursuit of a healthy active lifestyle that suites their interests. Pupils will extend and apply their understanding of the theoretical concepts seen in the GCSE and Sport Studies specifications throughout KS3 Core PE lessons, ready to make wise, intelligent and informed decisions about their pathways at GCSE.			<table border="1"> <thead> <tr> <th colspan="3">Core Details</th> <th>Activity 1</th> <th>Activity 2</th> <th>Activity 3</th> <th>Activity 4</th> <th>Activity 5</th> <th>Activity 6</th> </tr> <tr> <th>Cluster</th> <th>Teacher</th> <th>Timetable Clashes</th> <th>Weeks 2 - 7</th> <th>Weeks 8 - 14</th> <th>Week 15 - 21</th> <th>Week 22 - 26</th> <th>Week 27 - 32</th> <th>Week 33 - 39</th> </tr> </thead> <tbody> <tr> <td>9X1</td> <td>MSO</td> <td>10C/SS 10D/GC</td> <td>Rugby (F)</td> <td>Netball (M & PG)</td> <td>Football (F)</td> <td>Table Tennis (MH)</td> <td>Rounders (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>9X2</td> <td>RDU</td> <td>10C/SS 10D/GC</td> <td>Rugby (F)</td> <td>Basketball (SH)</td> <td>Table Tennis (MH)</td> <td>Rugby (F)</td> <td>Cricket (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>9X3</td> <td>LDO</td> <td>10C/SS 10D/GC</td> <td>Rugby (F)</td> <td>Football (F)</td> <td>Volleyball (SH)</td> <td>Handball (SH)</td> <td>Softball (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>9Y1</td> <td>REL</td> <td></td> <td>Rugby (F)</td> <td>Netball (M & PG)</td> <td>Football (F)</td> <td>Table Tennis (MH)</td> <td>Rounders (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>9Y2</td> <td>MSO</td> <td></td> <td>Rugby (F)</td> <td>Basketball (SH)</td> <td>Table Tennis (MH)</td> <td>Rugby (F)</td> <td>Cricket (F)</td> <td>Athletics (F)</td> </tr> <tr> <td>9Y3</td> <td>LDO</td> <td></td> <td>Rugby (F)</td> <td>Football (F)</td> <td>Volleyball (SH)</td> <td>Handball (SH)</td> <td>Softball (F)</td> <td>Athletics (F)</td> </tr> </tbody> </table>						Core Details			Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Cluster	Teacher	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39	9X1	MSO	10C/SS 10D/GC	Rugby (F)	Netball (M & PG)	Football (F)	Table Tennis (MH)	Rounders (F)	Athletics (F)	9X2	RDU	10C/SS 10D/GC	Rugby (F)	Basketball (SH)	Table Tennis (MH)	Rugby (F)	Cricket (F)	Athletics (F)	9X3	LDO	10C/SS 10D/GC	Rugby (F)	Football (F)	Volleyball (SH)	Handball (SH)	Softball (F)	Athletics (F)	9Y1	REL		Rugby (F)	Netball (M & PG)	Football (F)	Table Tennis (MH)	Rounders (F)	Athletics (F)	9Y2	MSO		Rugby (F)	Basketball (SH)	Table Tennis (MH)	Rugby (F)	Cricket (F)	Athletics (F)	9Y3	LDO		Rugby (F)	Football (F)	Volleyball (SH)	Handball (SH)	Softball (F)	Athletics (F)
	Core Details			Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6																																																																								
	Cluster	Teacher	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39																																																																								
	9X1	MSO	10C/SS 10D/GC	Rugby (F)	Netball (M & PG)	Football (F)	Table Tennis (MH)	Rounders (F)	Athletics (F)																																																																								
	9X2	RDU	10C/SS 10D/GC	Rugby (F)	Basketball (SH)	Table Tennis (MH)	Rugby (F)	Cricket (F)	Athletics (F)																																																																								
	9X3	LDO	10C/SS 10D/GC	Rugby (F)	Football (F)	Volleyball (SH)	Handball (SH)	Softball (F)	Athletics (F)																																																																								
	9Y1	REL		Rugby (F)	Netball (M & PG)	Football (F)	Table Tennis (MH)	Rounders (F)	Athletics (F)																																																																								
	9Y2	MSO		Rugby (F)	Basketball (SH)	Table Tennis (MH)	Rugby (F)	Cricket (F)	Athletics (F)																																																																								
9Y3	LDO		Rugby (F)	Football (F)	Volleyball (SH)	Handball (SH)	Softball (F)	Athletics (F)																																																																									
Skills and Knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, cognitive and social skills, to include: <u>Practical skills:</u> Continue to apply core skills, and further develop advanced skills in a range of practice and competitive scenarios. Continue to make informed decisions about which skill to use, when and why, apply the rules and laws that govern varying sports activities. Use the KS3 Assessment Criteria to guide the growth process of phronesis. Develop individual flare and unique performance style. <u>Cognitive skills:</u> Understand the different options available at KS4, KS5 and beyond within this subject; the barriers in pursuit of regular lifelong activity, solutions to these participation barriers; short- and long-term effects of exercise on the muscular, respiratory and cardiovascular systems and how to use this insight to maximise health and fitness gains; comprehend and apply the knowledge of a balanced diet and the relationship food has to provide energy for exercise and nutritional replenishment; the long term benefits of regular physical activity on improving health, mobility and fitness. Links to OCR GCSE Physical Education and CNAT Sports Studies. <u>Social skills:</u> Make informed and intelligent decisions using experience; form opinions to suit personal interests, and pursue short, medium and long term goals; seek answers to questions by being curious and inquisitive; accept accountability of decisions made and show commitment to see a task through to completion; safely lead myself and others; participate in a range of leadership roles; demonstrate the attributes of a good leader; exhibit strong interpersonal and respectful relationships with teammates, coaches and significant others.																																																																																	

Term → Year ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b																																																																											
<p>Year 10</p> <p>Developing Skills for Lifelong Participation</p> <p><i>Widening awareness, appreciation and understanding of how to maintain personal health and well-being.</i></p>	<p>Content: Pupils rotate through a much wider range of sports and physical activities. The program of study aims to widen awareness of less mainstream forms of physical activity and sport, to continue to motivate and inspire pupils to remain physically active for personal health and well-being.</p> <p>With one-hour weekly lessons the stimulus of each lesson is to be moderately active throughout to ensure pupils develop the key skills for lifelong participation, which can be realised once they have graduated from secondary school.</p> <p>This programme of study is carefully designed to provide our pupils with a broad and balanced range of sports and physical activities which empower them, through harnessing their choice, to develop their physical fitness and care for their mental and social health. Pupils will not be assessed in KS4 Core PE.</p> <p>Pupil voice informs the genre of sport or physical activity on offer, typically ignited by examples of activities seen to the right:</p>		<table border="1"> <thead> <tr> <th rowspan="2">Y E A R</th> <th colspan="2">Core Details</th> <th>Activity 1</th> <th>Activity 2</th> <th>Activity 3</th> <th>Activity 4</th> <th>Activity 5</th> <th>Activity 6</th> </tr> <tr> <th>Cluster</th> <th>Timetable Clashes</th> <th>Weeks 2 - 7</th> <th>Weeks 8 - 14</th> <th>Week 15 - 21</th> <th>Week 22 - 26</th> <th>Week 27 - 32</th> <th>Week 33 - 39</th> </tr> </thead> <tbody> <tr> <td rowspan="7">10</td> <td>10/11 A1</td> <td>13/PE</td> <td>Badminton (SH)</td> <td>Football (F)</td> <td>Basketball (M)</td> <td>Indoor Cricket (½ SH)</td> <td>Handball (SH)</td> <td>Rounders (F)</td> </tr> <tr> <td>10/11 A2</td> <td>13/PE</td> <td>Netball (M & PG)</td> <td>Volleyball (½ SH)</td> <td>Dodgeball (½ SH)</td> <td>Indoor Hockey (½ SH)</td> <td>Softball (F)</td> <td>Ultimate Frisbee (F)</td> </tr> <tr> <td>10/11 A3</td> <td>13/PE</td> <td>Football (F)</td> <td>Table Tennis (½ SH)</td> <td>Benchball (½ SH)</td> <td>DofE Skills & Walking Fitness (Local Areas)</td> <td>Cricket (M & PG)</td> <td>Lacrosse (F)</td> </tr> <tr> <td>10/11 B1</td> <td>12/PE</td> <td>Football (F)</td> <td>Volleyball (½ SH)</td> <td>Basketball (M)</td> <td>Boccia (AS)</td> <td>Softball (F)</td> <td>Ultimate Frisbee (F)</td> </tr> <tr> <td>10/11 B2</td> <td>12/PE</td> <td>Netball (M & PG)</td> <td>Football (F)</td> <td>Activity Studio Fitness (AS)</td> <td>DofE Skills & Walking Fitness (Local Areas)</td> <td>Handball (SH)</td> <td>Lacrosse (F)</td> </tr> <tr> <td>10/11 B3</td> <td>12/PE</td> <td>Walking Fitness <i>Physically Me</i> (Local Parks)</td> <td>Table Tennis (½ SH)</td> <td>Dodgeball (½ SH)</td> <td>Indoor Hockey (½ SH)</td> <td>Cross Country (F)</td> <td>Golf (F)</td> </tr> <tr> <td>10/11 B4</td> <td>12/PE</td> <td>Badminton (SH)</td> <td>Walking Fitness <i>Physically Me</i> (Local Parks)</td> <td>Benchball (½ SH)</td> <td>Indoor Cricket (½ SH)</td> <td>Cricket (M & PG)</td> <td>Rounders (F)</td> </tr> </tbody> </table>					Y E A R	Core Details		Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Cluster	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39	10	10/11 A1	13/PE	Badminton (SH)	Football (F)	Basketball (M)	Indoor Cricket (½ SH)	Handball (SH)	Rounders (F)	10/11 A2	13/PE	Netball (M & PG)	Volleyball (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Softball (F)	Ultimate Frisbee (F)	10/11 A3	13/PE	Football (F)	Table Tennis (½ SH)	Benchball (½ SH)	DofE Skills & Walking Fitness (Local Areas)	Cricket (M & PG)	Lacrosse (F)	10/11 B1	12/PE	Football (F)	Volleyball (½ SH)	Basketball (M)	Boccia (AS)	Softball (F)	Ultimate Frisbee (F)	10/11 B2	12/PE	Netball (M & PG)	Football (F)	Activity Studio Fitness (AS)	DofE Skills & Walking Fitness (Local Areas)	Handball (SH)	Lacrosse (F)	10/11 B3	12/PE	Walking Fitness <i>Physically Me</i> (Local Parks)	Table Tennis (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Cross Country (F)	Golf (F)	10/11 B4	12/PE	Badminton (SH)	Walking Fitness <i>Physically Me</i> (Local Parks)	Benchball (½ SH)	Indoor Cricket (½ SH)	Cricket (M & PG)	Rounders (F)
	Y E A R	Core Details		Activity 1	Activity 2	Activity 3	Activity 4		Activity 5	Activity 6																																																																							
		Cluster	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39																																																																								
	10	10/11 A1	13/PE	Badminton (SH)	Football (F)	Basketball (M)	Indoor Cricket (½ SH)	Handball (SH)	Rounders (F)																																																																								
		10/11 A2	13/PE	Netball (M & PG)	Volleyball (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Softball (F)	Ultimate Frisbee (F)																																																																								
		10/11 A3	13/PE	Football (F)	Table Tennis (½ SH)	Benchball (½ SH)	DofE Skills & Walking Fitness (Local Areas)	Cricket (M & PG)	Lacrosse (F)																																																																								
		10/11 B1	12/PE	Football (F)	Volleyball (½ SH)	Basketball (M)	Boccia (AS)	Softball (F)	Ultimate Frisbee (F)																																																																								
		10/11 B2	12/PE	Netball (M & PG)	Football (F)	Activity Studio Fitness (AS)	DofE Skills & Walking Fitness (Local Areas)	Handball (SH)	Lacrosse (F)																																																																								
		10/11 B3	12/PE	Walking Fitness <i>Physically Me</i> (Local Parks)	Table Tennis (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Cross Country (F)	Golf (F)																																																																								
		10/11 B4	12/PE	Badminton (SH)	Walking Fitness <i>Physically Me</i> (Local Parks)	Benchball (½ SH)	Indoor Cricket (½ SH)	Cricket (M & PG)	Rounders (F)																																																																								
<p>Skills and Knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, cognitive and social skills, to include:</p> <p><u>Practical skills:</u> Making informed decisions related to ones' own interests; Continue to transfer skills, apply core skills, and further develop advanced skills in a range of practise and competitive scenarios. I continue to make informed decisions about which skill to use, when and why, apply the rules and laws that govern varying sports activities. Develop individual flare.</p> <p><u>Cognitive skills:</u> Appreciate the difference between sport, physical activity, exercise and recreation. Appreciate the factors which motivate an individual and the factors which inhibit motivation to exercise. Realise barriers to participation beyond a school setting, discuss them and consider sustainable solutions to remain a healthy, active lifelong participant in Sport.</p> <p><u>Social skills:</u> A curiosity and bravery to try new things, a commitment to maintain health and well-being, perseverance and resilience, self-confidence, positive intentions, enjoyment.</p>																																																																																	

Term → Year ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b																																																																																			
Year 11 Enabling Skills for Lifelong Participation <i>Further enriching and enhancing awareness, appreciation and understanding of how to maintain personal health and well-being in the community.</i>	<p>Content: Pupils rotate through a much wider range of sports and physical activities. The program of study at KS4 offer aims to widen awareness of ways to remain physically active in our community, building on the genre of sports and physical activities offered through KS3, whilst appreciating more recreational approaches an active lifestyle once they graduate from secondary school.</p> <p>With one-hour weekly lessons the stimulus of each lesson is to be moderately active throughout to ensure pupils embed and consolidate the skills for lifelong participation, which can be realised once they have graduated from secondary school.</p> <p>It is carefully designed to provide our pupils with a broad and balanced range of sports and physical activities which empower them, through harnessing their choice, to develop their physical fitness and care for their mental and social health. Pupils will not be assessed in KS4 Core PE.</p> <p>Pupil voice informs the genre of sport or physical activity on offer, typically ignited by examples seen to the right:</p>		<table border="1"> <thead> <tr> <th rowspan="2">Y E A R</th> <th colspan="2">Core Details</th> <th>Activity 1</th> <th>Activity 2</th> <th>Activity 3</th> <th>Activity 4</th> <th>Activity 5</th> <th>Activity 6</th> </tr> <tr> <th>Cluster</th> <th>Timetable Clashes</th> <th>Weeks 2 - 7</th> <th>Weeks 8 - 14</th> <th>Week 15 - 21</th> <th>Week 22 - 26</th> <th>Week 27 - 32</th> <th>Week 33 - 39</th> </tr> </thead> <tbody> <tr> <td rowspan="8">10</td> <td>10/11 A1</td> <td>13/PE</td> <td>Badminton (SH)</td> <td>Football (F)</td> <td>Basketball (M)</td> <td>Indoor Cricket (½ SH)</td> <td>Handball (SH)</td> <td>Rounders (F)</td> </tr> <tr> <td>10/11 A2</td> <td>13/PE</td> <td>Netball (M & PG)</td> <td>Volleyball (½ SH)</td> <td>Dodgeball (½ SH)</td> <td>Indoor Hockey (½ SH)</td> <td>Softball (F)</td> <td>Ultimate Frisbee (F)</td> </tr> <tr> <td>10/11 A3</td> <td>13/PE</td> <td>Football (F)</td> <td>Table Tennis (½ SH)</td> <td>Benchball (½ SH)</td> <td>DofE Skills & Walking Fitness (Local Areas)</td> <td>Cricket (M & PG)</td> <td>Lacrosse (F)</td> </tr> <tr> <td>10/11 B1</td> <td>12/PE</td> <td>Football (F)</td> <td>Volleyball (½ SH)</td> <td>Basketball (M)</td> <td>Boccia (AS)</td> <td>Softball (F)</td> <td>Ultimate Frisbee (F)</td> </tr> <tr> <td>10/11 B2</td> <td>12/PE</td> <td>Netball (M & PG)</td> <td>Football (F)</td> <td>Activity Studio Fitness (AS)</td> <td>DofE Skills & Walking Fitness (Local Areas)</td> <td>Handball (SH)</td> <td>Lacrosse (F)</td> </tr> <tr> <td>10/11 B3</td> <td>12/PE</td> <td>Walking Fitness <i>Physically Me</i> (Local Parks)</td> <td>Table Tennis (½ SH)</td> <td>Dodgeball (½ SH)</td> <td>Indoor Hockey (½ SH)</td> <td>Cross Country (F)</td> <td>Golf (F)</td> </tr> <tr> <td>10/11 B4</td> <td>12/PE</td> <td>Badminton (SH)</td> <td>Walking Fitness <i>Physically Me</i> (Local Parks)</td> <td>Benchball (½ SH)</td> <td>Indoor Cricket (½ SH)</td> <td>Cricket (M & PG)</td> <td>Rounders (F)</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>					Y E A R	Core Details		Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Cluster	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39	10	10/11 A1	13/PE	Badminton (SH)	Football (F)	Basketball (M)	Indoor Cricket (½ SH)	Handball (SH)	Rounders (F)	10/11 A2	13/PE	Netball (M & PG)	Volleyball (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Softball (F)	Ultimate Frisbee (F)	10/11 A3	13/PE	Football (F)	Table Tennis (½ SH)	Benchball (½ SH)	DofE Skills & Walking Fitness (Local Areas)	Cricket (M & PG)	Lacrosse (F)	10/11 B1	12/PE	Football (F)	Volleyball (½ SH)	Basketball (M)	Boccia (AS)	Softball (F)	Ultimate Frisbee (F)	10/11 B2	12/PE	Netball (M & PG)	Football (F)	Activity Studio Fitness (AS)	DofE Skills & Walking Fitness (Local Areas)	Handball (SH)	Lacrosse (F)	10/11 B3	12/PE	Walking Fitness <i>Physically Me</i> (Local Parks)	Table Tennis (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Cross Country (F)	Golf (F)	10/11 B4	12/PE	Badminton (SH)	Walking Fitness <i>Physically Me</i> (Local Parks)	Benchball (½ SH)	Indoor Cricket (½ SH)	Cricket (M & PG)	Rounders (F)								
	Y E A R	Core Details		Activity 1	Activity 2	Activity 3	Activity 4		Activity 5	Activity 6																																																																															
		Cluster	Timetable Clashes	Weeks 2 - 7	Weeks 8 - 14	Week 15 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39																																																																																
	10	10/11 A1	13/PE	Badminton (SH)	Football (F)	Basketball (M)	Indoor Cricket (½ SH)	Handball (SH)	Rounders (F)																																																																																
		10/11 A2	13/PE	Netball (M & PG)	Volleyball (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Softball (F)	Ultimate Frisbee (F)																																																																																
		10/11 A3	13/PE	Football (F)	Table Tennis (½ SH)	Benchball (½ SH)	DofE Skills & Walking Fitness (Local Areas)	Cricket (M & PG)	Lacrosse (F)																																																																																
		10/11 B1	12/PE	Football (F)	Volleyball (½ SH)	Basketball (M)	Boccia (AS)	Softball (F)	Ultimate Frisbee (F)																																																																																
		10/11 B2	12/PE	Netball (M & PG)	Football (F)	Activity Studio Fitness (AS)	DofE Skills & Walking Fitness (Local Areas)	Handball (SH)	Lacrosse (F)																																																																																
		10/11 B3	12/PE	Walking Fitness <i>Physically Me</i> (Local Parks)	Table Tennis (½ SH)	Dodgeball (½ SH)	Indoor Hockey (½ SH)	Cross Country (F)	Golf (F)																																																																																
		10/11 B4	12/PE	Badminton (SH)	Walking Fitness <i>Physically Me</i> (Local Parks)	Benchball (½ SH)	Indoor Cricket (½ SH)	Cricket (M & PG)	Rounders (F)																																																																																
<p>Skills and Knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, cognitive and social skills, to include:</p> <p><u>Practical skills:</u> Making informed decisions related to ones' own interests; Continue to transfer practical skills, apply core skills, and further develop advanced skills in a range of practise and competitive scenarios. Continue to make informed decisions about which skill to use, when and why, apply the rules and laws that govern varying sports activities. Develop individual flare. Continue to develop leadership of others.</p> <p><u>Cognitive skills:</u> How to manage health and well-being beyond year 11. Continually reflect on the factors which motivate an individual and the factors which inhibit motivation to exercise. Realise barriers to participation beyond a school setting, discuss them and consider sustainable solutions to remain a healthy, active lifelong participant in Sport.</p> <p><u>Social skills:</u> Committed to lifelong participation in physical activity or sport, Proactively seeking opportunities to remain active, healthy and well in the community; maintaining a curiosity and bravery to try new things, a personal drive and commitment to maintain health and well-being, perseverance and resilience, self-confidence, positive intentions, enjoyment.</p>																																																																																									