



KS4 Curriculum Overview (Year 9, 10 and 11)

Year 9

During Year 9 students...Skill acquisition and the development of basic tactics are the main themes in Year 9. Children have a 'loose' option where they personally bespoke their PE curriculum and map out their entire years' work. The students start a unit of Health Related Fitness. Pupils are allowed to choose the same option again, giving them a chance to become an expert in that option. All lessons are of mixed gender.

Autumn Term

Half term 1 choices: Hockey, Netball, Basketball, Football.

Half term 2 choices: Aqua Aerobics, Aerobics, Circuit training, Boxercise.

Spring Term

Half term 3 choices: Aqua Aerobics, Trampoline, Badminton, Aerobics.

Half term 4 choices: Aqua Aerobics, Trampoline, Squash, Boxercise.

Summer Term

Half term 5 choices: Decathlon (Athletics), Rounders, Kwik Cricket, Table Tennis.

Half term 6 choices: Decathlon (Athletics), Rounders, Kwik Cricket, Tennis.

Year 10

During Year 10 students...Skill acquisition and the deeper development of tactics are the main themes in Year 10. Children have a 'loose' option where they personally bespoke their PE curriculum and map out their entire years' work. The students can choose some options again giving them a chance to become an expert in that area. All lessons are of mixed gender.

Autumn Term

Half term 1 choices: Hockey, Netball, Basketball, Football.

Half term 2 choices: Aqua Aerobics, Aerobics, Circuit training, Boxercise.

Spring Term

Half term 3 choices: Aqua Aerobics, Trampoline, Badminton, Aerobics.

Half term 4 choices: Aqua Aerobics, Trampoline, Squash, Boxercise.

Summer Term

Half term 5 choices: Decathlon (Athletics), Rounders, Kwik Cricket, Table Tennis.

Half term 6 choices: Decathlon (Athletics), Rounders, Kwik Cricket, Tennis.

Year 11

During Year 11 students...Skill acquisition and the much deeper development of tactics are the main themes in year 11. Children have a 'loose' option where they personally bespoke their PE curriculum and map out their entire years' work. The students can choose some options again giving them a chance to become an expert in that area. All lessons are of mixed gender.

Autumn Term

Half term 1 choices: Hockey, Netball, Basketball, Football.

Half term 2 choices: Aqua Aerobics, Aerobics, Circuit training, Boxercise.

Spring Term

Half term 3 choices: Aqua Aerobics, Trampoline, Badminton, Aerobics.

Half term 4 choices: Aqua Aerobics, Trampoline, Squash, Boxercise.



Summer Term

Half term 5 choices: Decathlon (Athletics), Rounders, Kwik Cricket, Table Tennis.

Half term 6 choices: Decathlon (Athletics), Rounders, Kwik Cricket, Tennis.