

## KS4 Curriculum Overview (CORE PE)

### **YEAR 10**

<b>TERM 1 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Tag Football/Football/Yoga or Boxing</b>	<p><b>Advanced physical skills from AQA GCSE Specification</b></p> <p><b>Personal – committed to self reflection and self improvement</b></p> <p><b>Health and Fitness – understand how to set appropriate fitness challenges and improve their health</b></p>	<p>Mutual Respect - Students learning to handle success and defeat with dignity and congratulate others</p> <p>Athlete, Coach, Commentator, Sports Analyst, Gym Manager</p>
<b>TERM 2 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Netball/Yoga or Boxing/Tag Football</b>	<p><b>Advanced physical skills from AQA GCSE Specification</b></p> <p><b>Cognitive – reach detailed judgements on performance</b></p> <p><b>Personal – cope positively with pressure situations</b></p> <p><b>Links with Food Technology</b></p>	<p>Knowledge of how to improve their physical fitness, and the requirements of fitness training would support careers in the armed forces, agriculture or security</p> <p>Army, Police, Fireman, Sports Scientist, Nurse, PT</p>
<b>TERM 3 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Basketball/Benchball</b>	<p><b>Advanced physical skills from AQA GCSE Specification</b></p> <p><b>Social – support the development of others</b></p> <p><b>Cognitive – make advanced calculations of risk v reward</b></p>	<p>Democracy - Students understand and accept the roles of captain, vice captain, team players, coaches, officials and choreographer</p> <p>PE Teacher, Primary School Teacher, Physiotherapist, Leisure Centre Manager</p>
<b>TERM 4 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>

<b>Tag rugby/football/netball</b>	<b>Advanced physical skills from AQA GCSE Specification</b> <b>Social – seek a variety of advance to further performance</b> <b>Personal – consistently seek opportunities to improve</b>	Tolerance - Students are asked to reflect on their actions and how this affects others in a team  Army, Police, Fireman, Sports Scientist, Nurse, PT
<b>TERM 5 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Athletics</b>	<b>Advanced physical skills from AQA GCSE Specification</b> <b>Health and Fitness – tailor practices to target specific components of fitness</b> <b>Personal – develop resilience when performing at maximum effort</b> <b>Links with Math and Geography</b>	<b>Individual Liberty – through experience of setting personal targets, being motivated, celebrating success</b>  Army, Police, Fireman, Sports Scientist, Nurse, PT
<b>TERM 6 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Softball/Cricket/Tag Rugby</b>	<b>Advanced physical skills from AQA GCSE Specification</b> <b>Cognitive – cope with multiple information and solve problems quickly</b> <b>Social – negotiate with others and seek opportunities to lead</b>	The rule of law - Students adhere to and understand the importance of playing to the rules Mutual respect - Students respect team mates and their differing opinions around team decisions  Athlete, Coach, Commentator, Sports Analyst, Gym Manager