



SIR GRAHAM BALFOUR SCHOOL



CURRICULUM OVERVIEW – KEY STAGE 4 PHYSICAL EDUCATION

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Continued development of skills, tactics, and analysis skills, within game situations, through a rotation of sports, such as, Netball, Football, Handball, and basketball. Lessons will be competitive, and students will be expected to apply their knowledge and understanding to improve their own individual performances and that of their team.		<ul style="list-style-type: none"> ➤ Develop tactics and strategies to overcome opponents in direct competition (table tennis and volleyball) ➤ Adventurous activities (climbing), to provide students with intellectual and physical challenges, teamwork, trust building and problem solving. ➤ Opportunity to develop technique and performance in other competitive activities (trampolining). ➤ Develop and understanding of health and fitness, fitness testing and the importance of keeping fit and healthy (Health and fitness). With a focus on components of fitness and fitness testing. 		Continued development of skills, tactics, and analysis skills, within game situations, through a rotation of sports, such as, Netball, Football, Handball, and basketball. Lessons will be competitive, and students will be expected to apply their knowledge and understanding to improve their own individual performances and that of their team.	
Year 11	Continued development of skills, tactics, and analysis skills, within game situations, through a rotation of sports, such as, Netball, Football, Handball, and basketball. Lessons will be competitive, and students will be expected to apply their knowledge and understanding to improve their own individual performances and that of their team.	Students will use their understanding of tactics, strategies, and techniques to play competitive games. Activities covered will be based on knowledge, preference, and ability.	<ul style="list-style-type: none"> ➤ Develop tactics and strategies to overcome opponents in direct competition (table tennis and volleyball) ➤ Adventurous activities (climbing), to provide students with intellectual and physical challenges, teamwork, trust building and problem solving. ➤ Opportunity to develop technique and performance in other competitive activities (trampolining). ➤ Develop and understanding of health and fitness, fitness testing and the importance of keeping fit and healthy (Health and fitness). With a focus on components of fitness and fitness testing. 		Continued development of skills, tactics, and analysis skills, within game situations, through a rotation of sports, such as, Netball, Football, Handball, and basketball. Lessons will be competitive, and students will be expected to apply their knowledge and understanding to improve their own individual performances and that of their team.	