

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. | | 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. | opponents in direct tennis and volleyb Adventurous active provide students we physical challenges building and proble Opportunity to deservative performance in ot activities (trampole Develop and under fitness, fitness test of keeping fit and | ities (climbing), to vith intellectual and s, teamwork, trust em solving. velop technique and her competitive ining). rstanding of health and ting and the importance healthy (Health and cus on components of | tactics, and ana game situation rotation of spo Netball, Footba basketball. Les competitive, an be expected to knowledge and improve their o | orts, such as, all, Handball, and sons will be nd students will apply their d understanding to |

✓ Learning, working, and succeeding together