

PE - KS4

Overview

It is mandatory for our students to take part in Core P.E at Key Stage 4. Here students will develop on knowledge developed from Key stage 3 and start now to develop personal fitness, skills and techniques. The aim here, is to facilitate a lifelong love of Physical Activity, with each lesson focusing on a particular life skill. Students will get the opportunity to develop the following life skills:

- Resilience (Links in with P.E Vision)
- Effort
- Respect
- Leadership
- Commitment
- Communication
- Empathy
- Confidence

| | Term 1 | | | | Term 2 | | | | Term 3 | | |
|----------------|--------------|---------------------|---------------------|---------------------|------------------------|------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| | First Lesson | 04.09.23 – 20.10.23 | 30.10.23 - 03.11.23 | 06.11.23 - 22.12.23 | 08.01.24 – 26.01.24 | 29.01.24 – 16.02.24 | 26.02.24 – 15.03.24 | 18.03.24 – 28.03.24 | 15.04.24 – 24.05.24 | 03.06.24 – 28.06.24 | 01.07.24 – 23.07.24 |
| Year 10 | ESP Intro | Football/Tag Rugby | Boxing | Dodgeball | Health Related Fitness | Badminton | Table Tennis | Trampolining | Rounders | Cricket | Outdoor Education |
| Year 11 | ESP Intro | Football | Boxing | Dodgeball | Badminton | Health Related Fitness | Table Tennis | Volleyball | Rounders | Cricket | Summer Sport Choice |

| Key | | | |
|------------|--|----------|--|
| BB Indoor | | Venture | |
| BB Outdoor | | The Unit | |