

Physical Education - Key Stage 4

For the students who do not select PE as an examination subject we tailor PE to them. We offer 3 routes throughout the year and offer 2 opportunities to change their route if students feel like they are ready for a new challenge.

1. GCSE Short Course PE
2. Entry Level PE
3. ASDAN Sports Courses

We believe that having a structured timetable supports how Physical Education is valued in our school. We want students to ensure that they have a positive experience, which will enable lifelong involvement. We also know PE and school sport holds the key to unlocking many of the physical and emotional wellbeing issues young people face. We offer a predominately-practical course with the following sports covered throughout CORE PE time.

Carson Year 11 (3 Lessons)	Badminton/ Table Tennis Learning the different skills such as overhead clear, drop shot, smash, drive, Ready Position.	Handball Learn about the different positions, shots, techniques and tactics to outwit an opponent. GCSE PE – Unit 1	Badminton Continuation from first half term to refine skills to be more consistent throughout the entire game. GCSE PE – Unit 1	Basketball/ Tag Rugby look at the different skills in basketball, identify the rules and how to play a competitive game.	Cricket/ Rounder's Focus on different striking and fielding games such as rounders, cricket, soft ball. continuing to focus on catching.	Multi Games Exam prep
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	<p>focus on the different techniques to play a shot. Learn the different shots such as drive, backhand, forehand and create spin</p> <p>GCSE PE – Unit 1 Health, Training and Exercise</p>	Health, Training and Exercise	Health, Training and Exercise	GCSE PE – Unit 2 Exercise Physiology	GCSE PE – Unit 2 Exercise Physiology	
Hamilton Year 10 (2 Lessons)	<p>Badminton/ Table Tennis</p> <p>Learning the different skills such as overhead clear, drop shot, smash, drive, Ready Position.</p> <p>focus on the different techniques to play a shot. Learn the different shots such as drive, backhand, forehand.</p> <p>Asdan Sport and Fitness (short course)</p>	<p>Sitting Volleyball/ Volleyball</p> <p>Learning about the different techniques in sitting volleyball to play a competitive game.</p> <p>Asdan Sport and Fitness (short course)</p>	<p>Boccia/ Kurling</p> <p>To develop skills in inclusive sports that create a confidence to take part in school sport.</p> <p>Asdan Sport and Fitness (short course)</p>	<p>Basketball/ Tag Rugby</p> <p>look at the different skills in basketball, identify the rules and how to play a competitive game.</p> <p>Asdan Sport and Fitness (short course)</p>	<p>Striking and fielding</p> <p>Focus on different striking and fielding games such as rounders, cricket, softball. continuing to focus on catching.</p> <p>Asdan Sport and Fitness (short course)</p>	<p>Ultimate Frisbee/ Football</p> <p>Learning new skills in ultimate Frisbee, different throwing and catching styles, Passing and moving.</p> <p>Asdan Sport and Fitness (short course)</p>
Storey Year 10 (2 Lessons)	<p>Badminton/ Table Tennis</p>	<p>Sitting Volleyball/ Volleyball</p> <p>Learning about the</p>	<p>Badminton/ Table Tennis</p> <p>Continuation from first</p>	<p>Basketball/ Long ball</p> <p>Learning different skills such as kicking,</p>	<p>Striking and fielding</p> <p>Focus on different striking and fielding</p>	<p>Ultimate Frisbee/ Football</p> <p>The objective is to</p>

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	<p>Learning the different skills such as overhead clear, drop shot, smash, drive, Ready Position.</p> <p>focus on the different techniques to play a shot. Learn the different shots such as drive, backhand, forehand.</p> <p>GCSE PE – Unit 1 Health, Training and Exercise</p> <p>Asdan Sport and Fitness (short course)</p>	<p>different techniques in sitting volleyball to play a competitive game.</p> <p>GCSE PE – Unit 1 Health, Training and Exercise</p> <p>Asdan Sport and Fitness (short course)</p>	<p>half term to refine skills to be more consistent throughout the entire game.</p> <p>GCSE PE – Unit 1 Health, Training and Exercise</p> <p>Asdan Sport and Fitness (short course)</p>	<p>catching, dodging and teamwork.</p> <p>GCSE PE – Unit 1 Health, Training and Exercise</p> <p>Asdan Sport and Fitness (short course)</p>	<p>games such as rounders, cricket, soft ball. continuing to focus on catching.</p> <p>GCSE PE – Unit 1 Health, Training and Exercise</p> <p>Asdan Sport and Fitness (short course)</p>	<p>attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,</p> <p>Asdan Sport and Fitness (short course)</p>
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