

KS4 PE CURRICULUM MAP

	Year 10 (Sports Leaders Award)	Year 11
HT1	<ul style="list-style-type: none"> Students learn identify what makes a good leader. They learn the attributes required to be a good leader. Warm up session: Plan, lead and review a warm up – students learn to plan a thorough 3 phase warm up consisting of a pulse raiser, dynamic exercise and static stretching. They deliver the warm up to their peers in small groups and the session is reviewed by their peers to allow the leaders to receive feedback to improve in further leadership delivery sessions. 	<p>In Year 11 we aim to improve the physical literacy and efficiency of all students whilst providing enjoyment. Students are taught in their teaching groups and there is an element of choice in provision to allow students to partake in physical activity in an enjoyable environment. Teachers may combine groups to allow students to participate and engage in a wider range of sports which may not be possible in single teacher groups. Students are facilitated by teachers to lead and officiate their own warm ups, drills and games.</p> <p>All students will also be delivered a unit of Health and Fitness to enable them to learn how to live and maintain a healthy and active lifestyle. Within the unit, they are also taught how to manage stress and activities that help to reduce stress.</p>
HT2	<ul style="list-style-type: none"> Leadership session 1: Students plan, lead and review a warm up and drill. They plan to make the drills inclusive to ensure all students are supported and challenged. The students deliver the sessions to their peers in small groups. The session is reviewed by their peers and the leaders receive feedback to allow them to improve in subsequent sessions. 	
HT3	<ul style="list-style-type: none"> Leadership session 2: Students plan, lead and review a warm up, drill and small games. They plan to make the drills inclusive to ensure all students are supported and challenged. To achieve the 'Gold Pass', students need to produce and use coaching cards and resources in their lessons. The students deliver the sessions to their peers in small groups. They have to organise and officiate the small games. The session is reviewed by their peers and the leaders receive feedback to allow them to improve in subsequent sessions. 	
HT4	<ul style="list-style-type: none"> Leadership session 2: Students plan, lead and review a warm up, drill and small games. They plan to make the drills inclusive to ensure all students are supported and challenged. To achieve the 'Gold Pass', students need to produce and use coaching cards and resources in their lessons. The students deliver the sessions to their peers in small groups. They have to organise and officiate the small games. The session is reviewed by their peers and the leaders receive feedback to allow them to improve in subsequent sessions. 	
HT5	<p>Striking and Fielding/Net wall Games or Athletics</p> <ul style="list-style-type: none"> Striking and fielding games - Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. During the games, students utilise their acquired leadership development to organise and officiate games. This element covers x1 half terms Sports include; cricket, rounders, tennis & softball Athletics - Students will be able to demonstrate consistent, advanced techniques for running, throwing and jumping events to improve outcome. They will know and demonstrate how to accurately measure, time and record results independently. This element covers x1 half term for all students 	
HT6	<p>Striking and Fielding/Net/Wall Games or Athletics</p> <ul style="list-style-type: none"> Striking and fielding games - Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. During the games, students utilise their acquired leadership development to organise and officiate games. This element covers x1 half terms Sports include; cricket, rounders, tennis & softball Athletics - Students will be able to demonstrate consistent, advanced techniques for running, throwing and jumping events to improve outcome. They will know and demonstrate how to accurately measure, time and record results independently. This element covers x1 half term for all students 	

