

Year 10 / 11 Physical Education

Subject Title	Physical Education
Exam board	NA
Specification code	NA
Entry Level	NA
Exam details	NA
Setting arrangements	In some activities students may be split on ability if it benefits learning or there are safety considerations.
Time allowed	200 minutes
Textbooks and revision guides	NA
Homework information	NA

Term	Topics	Skills	Assessment
Year 10 1 - 2	In Year 10 students will follow directed activities for the first two terms: football, rugby, hockey, netball, trampolining, volleyball.	Students will refine existing skills and develop more complex skills. They will also develop and apply skills in competitive situations and increasingly play small sided and full size games.	Teacher assessment.
Year 10 3 - 6	Students will choose from six activities each term in order to complete four modules. The activities will include activities offered in KS3 but also in addition: Fitness training, lacrosse, cycling, outdoor adventure activities, table tennis, futsal, ultimate frisbee.	Students will refine existing skills and develop more complex skills. They will also develop and apply skills in competitive situations and increasingly play small sided and full size games.	Teacher assessment.

Year 11 1 - 5	Students will choose from six activities every four weeks including activities they have already experienced in KS3 and Year 10. In addition they will experience a module at Atlas Gym looking at different training opportunities and styles.	Students will refine existing skills and develop more complex skills. They will also develop and apply skills in competitive situations and increasingly play small sided and full size games.	Teacher assessment.
Links to websites and revision materials:	NA		

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Exam details	NA
Setting arrangements	In some activities students may be split on ability if it benefits learning or there are safety considerations.
Time allowed	200 minutes
Textbooks and revision guides	NA
Homework information	NA

Term	Topics	Skills	Assessment
Year 10 1 - 2	In Year 10 students will follow directed activities for the first two terms: football, rugby, hockey, netball, trampolining, volleyball. Students participate in the above sports on a rotation.	Students will refine existing skills and develop more complex skills. They will also develop and apply skills in competitive situations and increasingly play small sided and full-size games. -Team work -Communication skills -Leadership skills	Teacher assessment.
Year 10 3 - 6	Students will choose from six activities each term in order to complete four option programme modules. The activities will include activities offered in KS3 but also in addition: Fitness training, lacrosse, cycling, outdoor adventure	Students will refine existing skills and develop more complex skills. They will also develop and apply skills in competitive situations and increasingly play small sided and full-size games. -Team work -Communication skills -Leadership skills	Teacher assessment.

	activities, table tennis, futsal, ultimate frisbee.		
Year 11 1 - 5	Students will choose from six activities every four weeks as part of an options programme. Activities include those they have already experienced in KS3 and Year 10. In addition, they will experience a module at Atlas Gym looking at different training opportunities and styles.	Students will refine existing skills and develop more complex skills. They will also develop and apply skills in competitive situations and increasingly play small sided and full-size games. -Team work -Communication skills -Leadership skills	Teacher assessment.
Links to websites and revision materials:	NA		