

Key Stage 4 PE

Curriculum Overview

		HT1 Badminton	HT2 Basketball	HT3 Health and fitness	HT4 Handball	HT5 Cricket	HT6 Table Tennis
Learning outcomes/composite knowledge: Pupils will be able to...		Focusing on tackling complex and demanding physical activities through 3 pillars of progression: Motor competence Tactics Healthy participation	Tackling complex and demanding skills in basketball through medium of 3 pillars of progression	Focusing on further development of students' motor competence/tactics/healthy participation through Health and Fitness	Developing complex and demanding practice of physical activity through sport of Handball (& progression across 3 pillars)	Focusing on developing students' complex skill levels and motor competence/tactics/healthy participation in sport, through Cricket	Focusing on developing students' motor competence/tactics/healthy participation through Table Tennis
Theme, focus		Rules, Teamwork, Attacking, Defending, Movement, Outwitting opponents					
Knowledge Components							
	Declarative Knowledge: know what	<ul style="list-style-type: none"> I know the rules of badminton I know the importance of working as a team (doubles) I know the best methods to overcome my opponent I know defensive shots and movement in badminton I know the most effective movements and positioning on court I know what outwitting your opponent in badminton looks like 	<ul style="list-style-type: none"> I know the rules of basketball I understand the importance of working as a team I know what effective attacking approaches can assist in a game situation I know what a counter attack is I know what defending is and its importance I know what movement in a basketball game works I know what possession is I know what you have to do to outwit your opponents 	<ul style="list-style-type: none"> I know what a component of fitness is I know the 10 components of fitness I know what the components of fitness mean (definition) I know which fitness test measures these components I know how to interpret the results of the fitness tests I know what normative data is 	<ul style="list-style-type: none"> I know the rules of handball in games I understand the importance of working as a team in handball I know what effective attacking approaches can assist in a game situation I know what a fast break (counter attack) is I understand the importance of moving in to space to receive the ball I know what defending is and positioning defensively I know how to 'man mark' opponents in handball and intercept the ball I know what you have to do to outwit your opponents as a team, using complex tactics 	<ul style="list-style-type: none"> I know the rules of Cricket and adapted versions of the game I know the importance of teamwork in cricket I know what bowling techniques work best for me (Fast, Medium, Spin) I know what batting in cricket is and which approach to take I know what a wicket keeper does and the role they play against the batter 	<ul style="list-style-type: none"> I know the rules of table tennis and could officiate a game I know the points scoring system in table tennis I know what a backhand/forehand shot is I know what a topspin/backspin shot is I know what a legal serve with control, accuracy and variation is I know what a disguised shot is I know best shot placement to outwit opponent

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	Procedural Knowledge: know how & when	<ul style="list-style-type: none"> I know how to apply the rules of badminton and how to officiate a game I know how to work as a team (doubles) I know how to apply the best methods to overcome my opponent I know how to defend using defensive shots and movement I know how to apply the most effective movements and positioning on court I know how to outwit my opponent in badminton 	<p>I know how to apply the rules of basketball</p> <p>I know how to work as a team</p> <p>I know how to attack in a game situation as a team</p> <p>I know how to counter attack</p> <p>I know how to defend and understand its importance</p> <p>I know how movement in a basketball game works</p> <p>I know how to keep possession</p> <p>I know how to outwit an opponent in basketball</p>	<ul style="list-style-type: none"> I know how important it is to understand components of fitness I know which components of fitness are suitable for my sport I know how to conduct fitness tests I know how to interpret the results of the fitness test and how to apply recommendations in future training I know how to find normative data and how to use this (Brianmac.com, Topensports.com) 	<ul style="list-style-type: none"> I know how to apply the rules of handball I know how to work as a team I know how to what to effectively attack in a game situation I know how to perform a fast break (counter attack) I how to move in to space to receive the ball I know how to defend and 'man mark' an opponent I know how to intercept the ball I know how to outwit an opponent 	<ul style="list-style-type: none"> I know how to apply the rules of Cricket and any adapted versions of the game I know how to work as a team in cricket I know how to bowl using the strongest technique for me (Fast, Medium, Spin) I know how to bat using the best approach for the format of the game I know how to maximise the use of a wicket keeper as a bowler, against the batter 	<ul style="list-style-type: none"> I know the rules of table tennis and how to officiate a game I know how the points scoring system in table tennis work I know how a backhand/forehand shot is performed I know how to perform a topspin/backspin shot I know how to perform a legal serve with control, accuracy and variation I know how and when to perform a disguised shot I know how to outwit my opponent using shot placement
National Curriculum reference	<p>PE at Key stage 4</p> <p>Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance] take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. 						
Common misconceptions	<ul style="list-style-type: none"> Free time to play will develop skill levels Skill vs ability 	<ul style="list-style-type: none"> Free time to play will develop skill levels Physical activity is the same as physical education 	<ul style="list-style-type: none"> Strength is the same as power 'Fitness is how fit you are' Fitness tests are all very long and tiring 	<ul style="list-style-type: none"> Free time to play will develop skill levels Physical activity is the same as physical education Skill vs ability 	<ul style="list-style-type: none"> Free time to play will develop skill levels Physical activity is the same as physical education Skill vs ability 	<ul style="list-style-type: none"> Free time to play will develop skill levels Physical activity is the same as physical education Skill vs ability 	
Exemplar Composite Task(s)	<ul style="list-style-type: none"> Successfully officiate badminton game 	<ul style="list-style-type: none"> Play a game of basketball within the rules 	<ul style="list-style-type: none"> Defining a component of fitness 	<ul style="list-style-type: none"> Assisting a peer with the rules of the game 	<ul style="list-style-type: none"> Perform a bowl in cricket using fast/medium technique 	<ul style="list-style-type: none"> Apply topspin/backspin to a shot 	

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	<ul style="list-style-type: none"> • Successfully block a shot using a dodgeball • Perform a drop-shot when opponent least expects it • Successfully partake in a long-lasting rally (20 shots+). 	<ul style="list-style-type: none"> • I know how to implement the rules of basketball • Demonstrate a good pass/shot using correct technique 	<ul style="list-style-type: none"> • Administering a fitness test successfully • Interpreting the results of fitness test and comparing to normative data • Recommending future training goals 	<ul style="list-style-type: none"> • Self-refereeing a game of handball • Demonstrating a fast break • Performing good examples of pass and move within games 	<ul style="list-style-type: none"> • Apply the rules successfully in a game situation • Demonstrate good shot selection in a batting performance 	<ul style="list-style-type: none"> • Serve using correct technique • Officiate a game and apply correct point scoring