

KS4 CORE PE

CURRICULUM ROAD MAP



Invasion games – performing in full context competition in football, netball, basketball, handball.

HRF – creation and implementation of a personal exercise programme

Net/wall – apply skills and tactics to play full context badminton games.

OAA/alternative activities – follow more complex orienteering courses and apply advanced tactics in games.

Athletics perform full events in running (sprint & endurance) and shot discus and javelin

Net/wall – continue to develop advanced skills and tactics when playing in competitive games.

Strike & field – apply skills and tactics to influence the outcome of full context matches. Adapt to changing in-game conditions.

Net/wall – Develop and apply advanced skills and tactics when playing in competitive games.

Invasion – Apply advanced tactics to influence outcomes in full context games.

Invasion Games- Develop advanced skills & techniques needed to influence games.

HRF – Design a personal exercise programme for themselves by using and applying the principles of training.

OAA/alternative activities – transfer of skills and tactics into new, more unconventional activities.

Athletics–Application of more advanced techniques using knowledge of running and throwing.

Striking & fielding – incorporation of directional hitting and advanced fielding skills within full context games

Net/wall – Combine knowledge and application of skills into competition.

Net/wall – Develop their range of skills and apply within singles games.

Invasion- Refine principles of play using appropriate skills to gain an advantage over opponents.

Invasion Games- Further develop skills and tactics progressing towards full context games.

HRF – develop knowledge and understanding of a personal fitness programme (fitness suit)

