



Network School KS4 Long Term Curriculum Plan

Subject: Core PE Year 10/11				
Year Group	Term 1 (Aug - Oct)	Term 2 (Oct - Dec)	Term 3 (Jan - Mar)	Term 4 (Apr - Jun)
10 Core PE	<p>Team building</p> <p>Handball</p> <ul style="list-style-type: none"> - Introduction to rules - Passing and receiving - Dribbling - Jump shots - Person to person marking - Zone defense - Fast break <p>Volleyball</p> <ul style="list-style-type: none"> - Underarm and overarm serve - Dig & set - Attacking play, spiking - Defensive play, backcourt digging keeping the ball in - Linking skills together for effective rallies 	<p>Football</p> <ul style="list-style-type: none"> - Control and accuracy of the ball through passing, receiving and dribbling - Shooting - Understanding attacking roles and techniques - Understanding defending roles and techniques <p>Athletics</p> <ul style="list-style-type: none"> - Sprint starts and technique - Middle distance technique - Long distance technique - Relay technique - Shot Put technique - Long Jump technique <p>Aesthetic</p> <ul style="list-style-type: none"> - Traditional dancing styles 	<p>Personal survival</p> <ul style="list-style-type: none"> - Pre-entry, entry and survival swimming - Removal of clothes in the water and creation of flotation device - Flotation techniques - Signaling for help <p>Basketball</p> <ul style="list-style-type: none"> - Passing, receiving and pivoting with the ball - Jump/set shot - Lay ups - Dribbling - Attacking play, fast break - Defensive play, zone - Tactics to outwit opponents <p>Touch Rugby</p> <ul style="list-style-type: none"> - Passing and receiving the ball - Attacking techniques and strategies, 3V2 - Defending techniques and strategies - Speed and agility 	<p>Ultimate Frisbee</p> <ul style="list-style-type: none"> - Backhand, forehand and hammer throw - Pivoting - Defending play, zone defense - Attacking play, zone <p>Badminton</p> <ul style="list-style-type: none"> - Forehand and backhand serve - Overhead clear, forehand smash - Drop shot and net play - Tactics and strategies in singles <p>Table Tennis</p> <ul style="list-style-type: none"> - Forehand/backhand serve - Forehand/backhand drive - Forehand/backhand push - Singles tournament



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11 Core PE	<p>Team building</p> <p>Handball</p> <ul style="list-style-type: none"> - Passing and receiving - Dribbling and footwork - Jump shots - Person to person marking - Zone defense - Fast break <p>Volleyball</p> <ul style="list-style-type: none"> - Underarm and overarm serve - Dig & set - Attacking play, spiking - Defensive play, backcourt digging keeping the ball in - Linking skills together for effective rallies - Understanding roles on the court 	<p>Football</p> <ul style="list-style-type: none"> - Control and accuracy of the ball through passing, receiving and dribbling - Shooting - Understanding attacking roles and techniques - Understanding defending roles and techniques - Formations <p>Athletics</p> <ul style="list-style-type: none"> - Sprint starts and technique - Middle distance technique - Long distance technique - Relay technique - Discus technique - Triple Jump technique <p>Aesthetic</p> <ul style="list-style-type: none"> - Traditional dance styles 	<p>Water Polo</p> <ul style="list-style-type: none"> - Introduction to rules - Treading water - Throwing, catching in the water - Moving with the ball - Shooting - Team tactics and strategies <p>Basketball</p> <ul style="list-style-type: none"> - Passing, receiving and pivoting with the ball - Jump/set shot - Lay ups - Dribbling - Attacking play, fast break and cutting - Defensive play, zone and person to person - Tactics to outwit opponents <p>Netball</p> <ul style="list-style-type: none"> - Introduction to rules - Passing, receiving - Footwork and pivoting - Moving off the ball - Positioning - Attacking and defending techniques 	<p>Ultimate Frisbee</p> <ul style="list-style-type: none"> - Backhand, forehand and hammer throw - Pivoting - Defending play, zone defense - Attacking play, zone