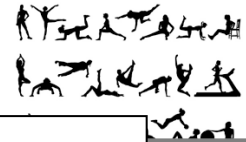


GO FOR IT

PLAY FAIR

RESPECT OTHERS

KS4 CURRICULUM MAPPING



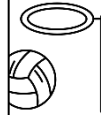
INTER-COLLEGE



WARM UP!

YEAR 10 AIMS:

1. Continue your learning journey from Y7-9.
2. Enjoy the physical, emotional and social reasons of taking part in sport.
3. Understand how PE develops key employability skills needed to be successful in your future careers.
4. Opportunity to develop your leadership and help others develop theirs.
5. Take part in competitive sport – Inter-college 5 times in the year
6. Challenge yourself physically and learn new fitness concepts and principles.
7. Understand and be able to administer basic first aid
8. Have the opportunity to learn new sports.



FIRST AID



YEAR 10 BROKEN BLOCK CURRICULUM

TERM ONE	TERM TWO	TERM THREE
Coopr Run Qualities & Skills of a Leader Lead Warm-up Lead Circuit Training Mixture of sporting activities	Employability skills Motivational strategies First Aid Mixture of sporting activities BROKEN BLOCK	GCSE Athletics & Pentathlon Implement & Reviv Leadership plan Completion of booklet Choose Year 11 options Mixture of Sporting activities
Fitnss suite		
Intercollege		



© iStockphoto.com | 12171391

TRIPS & EVENTS



MARCH YEAR 10 BROKEN BLOCK

The broken block runs between Easter and March and different opportunities traditionally not done in normal PE lessons. These include: Employability skills; Kabaddi (Asian); Ultimate Frisbee / Frisbee golf (USA); lacrosse (North America) American football ball (USA); first aid with Craig; Boxercise (fitness), Orienteering (Fitness); Yoga (Health & Fitness); Self-defence Lesson; Finham Rules/ Gaelic football – Boys; Presentations by 'Oddball's' (testicular Cancer) & Girls 'Cuppafeels' (Brest Cancer).



YEAR 11: In year 11 students have one lesson per week. Students get to choose which option they would like to participate in. Trampolining in a double block and covers the GCSE criteria.

IN MARCH STUDENTS HAVE A PASSOUT TO CELEBRATE THEIR ACHIEVEMENTS THROUGHOUT THEIR PE JOURNEY, BUT ALSO YEAR 10 BROKEN BLOCK AWARD

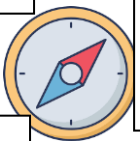


FITST AID

	TERM ONE	TERM TWO	TERM THREE	TERM FOUR
1	SOFTBALL / FOOTBALL	FOOTBALL	DODGBALL / BENCHBALL	BOXERCISE
2	BADMINTON	BASKETBALL	HANDBALL	BADMINTON
3	TRAMPOLINING	TRAMPOLINING	YOGA	FOOTBALL
4	TABLE TENNIS	NETBALL	FITNESS SUITE	NETBALL & TAG RUGBY



LEADERSHIP



EXTRA CURRICULAR



KEEP IT FUN

STAY HEALTHY

INCLUDE EVERYONE

GIVE BACK