

Key Stage 4 Core PE: Scheme of Learning

Activity (4-week block)	NC Activity specific skills	Assessment / moderation	Key Vocab	Careers	Misconceptions	Homework/reading tasks
Rugby Union	<p>N/C links:</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. <ol style="list-style-type: none"> To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To develop more advanced tactics to be used in games. To identify strengths and weaknesses in games To discuss ways to improve their performance. 	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson</p>	<p>Analysis Scrum lineout Ruck Maul Tackle Forward pass Scrum Off side Tactics Conversion</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication</p>	<p>One is better than the other</p> <p>Hand off in union Lineout/lift</p> <p>Tackling – body position/safety.</p> <p>Kick off rules.</p> <p>Line out rules</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>
Rugby League	<p>N/C links:</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. <ol style="list-style-type: none"> To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To develop more advanced tactics to be used in games. To identify strengths and weaknesses in games To discuss ways to improve their performance. 	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson</p>	<p>Analysis Scrum lineout Ruck Maul Tackle Forward pass Scrum Off side Tactics Conversion</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication</p>	<p>One is better than the other</p> <p>Hand off in union Lineout/lift</p> <p>Tackling – body position/safety.</p> <p>Kick off rules.</p> <p>Line out rules</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>

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<p>Netball</p>	<p>N/C links:</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. <ol style="list-style-type: none"> To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To develop more advanced tactics to be used in games. To identify strengths and weaknesses in games To discuss ways to improve their performance. 	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson</p>	<p>Attack Defence Replayed ball Tactics Penalty pass</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet solving, Staying positive, Teamwork, Numeracy, Independence, Communication</p>	<p>Netball is a non-contact sport.</p> <p>Obstruction can occur when the opposing player doesn't have the ball.</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>
<p>Football</p>	<p>N/C links:</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. <ol style="list-style-type: none"> To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To develop more advanced tactics to be used in games. To identify strengths and weaknesses in games To discuss ways to improve their performance. 	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson</p>	<p>Analysis formations Pass. Dribble. Receive. Shoot. Throw in. Corner. Goal kick. Header. Off side. Tactics.</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication</p>	<p>Crowding the ball to defend</p> <p>Putting best players in attack and weakest in defence.</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>
<p>Fitness</p>	<p>N/C - analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p>	<p>Interval. Continuous. Fartlek. Circuits. Weight training.</p>	<p>PE teacher, Coach, Personal trainer, Dietitian,</p>	<p>Overtraining to improve.</p> <p>Difference between skills and fitness.</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a</p>

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	<p>To understand components of fitness</p> <ul style="list-style-type: none"> - Standing long jump - 12-minute Cooper run - Sit and reach - 40m sprint - Reaction time <p>1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</p> <p>2. To improve and build on basic skills learned in</p> <p>3. To develop more advanced tactics to be used in games.</p> <p>4. To identify strengths and weaknesses in games</p> <p>5. To discuss ways to improve their performance.</p>	<p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson</p>	<p>Plyometrics</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	<p>Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, , Staying positive, Independence,</p>	<p>piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>
Trampolining	<p>N/C -develop their technique and improve their performance in other competitive sports</p> <p>To build confidence and skills on trampoline. Develop skills, including; tuck, pike straddle, twists, seat drops, front/back drop and somersaults</p> <p>1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</p> <p>2. To improve and build on basic skills learned in</p> <p>3. To develop more advanced tactics to be used in games.</p> <p>4. To identify strengths and weaknesses in games</p> <p>5. To discuss ways to improve their performance.</p>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson</p>	<p>Gymnastics</p> <p>tuck, pike straddle, twists, seat drops, front/back drop and somersaults Spotter Posture</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Revie</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Independence, Communication</p>	<p>Dangerous</p> <p>Don't need to do anything when not performing</p> <p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>
Athletics	<p>N/C -develop their technique and improve their performance in other competitive sports.</p> <p>1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</p> <p>2. To improve and build on basic skills learned in</p>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p>	<p>Analysis Track, Sprint. Endurance. False start. Field. Shot, Discus. Javelin. High jump. Long jump. Triple jump.</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem</p>	<p>Can change lanes in all track events</p> <p>Can throw using any technique.</p> <p>No tactics needed</p> <p>Just have to be strong to throw.</p> <p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>

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	<p>3. To develop more advanced tactics to be used in games.</p> <p>4. To identify strengths and weaknesses in games</p> <p>5. To discuss ways to improve their performance.</p>	<p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.</p>	<p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	<p>solving, Staying positive, Teamwork, Numeracy, Independence, Communication</p>		
Striking and fielding	<p>N/C links: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>Take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</p> <p>2. To improve and build on basic skills learned in</p> <p>3. To develop more advanced tactics to be used in games.</p> <p>4. To identify strengths and weaknesses in games</p> <p>5. To discuss ways to improve their performance.</p>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.</p>	<p>Analysis Back stop Wicket keeper Tactics Bowl, Bat, Strike, Field, Pitch, Strike, No ball,</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication</p>	<p>Rounders and softball are the same.</p> <p>Can have as many attempts at hitting the ball in rounders.</p> <p>Can run more than once on your turn</p> <p>Can throw a ball overarm to bowl in cricket.</p> <p>Can bowl overarm in rounders</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>
Tennis	<p>N/C links:</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. 	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p>	<p>Analysis Tactics Serve, Forehand, Backhand, Lob, Volley, Net shot, Court.</p> <p>Tier 2 words: Analyse Assess Compare</p>	<p>PE teacher Coach Player Sport science</p> <p>Employability skills Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Literacy, Numeracy, Independence, Communication</p>	<p>Have to serve over arm. Can serve anywhere.</p> <p>Court sizes in singles and doubles.</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>

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	<ol style="list-style-type: none"> 1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. 2. To improve and build on basic skills learned in 3. To develop more advanced tactics to be used in games. 4. To identify strengths and weaknesses in games 5. To discuss ways to improve their performance. 	At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.	Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review			
Badminton	<p>N/C links:</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • Take part in competitive sports and activities outside school through community links or sports clubs. <ol style="list-style-type: none"> 1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. 2. To improve and build on basic skills learned in 3. To develop more advanced tactics to be used in games. 4. To identify strengths and weaknesses in games 5. To discuss ways to improve their performance. 	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules & regulations.</p> <p>Students will also be assessed on their skills level, techniques and tactical awareness</p> <p>Assessed at start and end of the unit.</p> <p>Students will be assessed at the start of the unit through staff discussion and observations in lesson.</p> <p>At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.</p>	<p>Analysis Tactics Serve, Forehand, Backhand, Smash, Net shot faint.</p> <p>Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review</p>	PE teacher Coach Player Sport science	<p>Can use under or overarm serve.</p> <p>Can serve anywhere.</p> <p>Court sizes in singles and doubles.</p>	<p>At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).</p> <p>Complete homework sheet</p>

Unifrog careers links:

- Teaching <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/pe-teacher>
 Coaching <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/sports-coach>
 Sports science <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/sports-scientist>
 Player <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/sports-professional>
 Personal trainer <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/personal-trainer>
 Fitness instructor <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/fitness-instructor>
 Referee <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/football-referee>
 Leisure centre worker <https://www.unifrog.org/student/careers/sport-leisure-and-tourism/leisure-centre-assistant>