

## 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"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul> <ol style="list-style-type: none"> <li>To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</li> <li>To improve and build on basic skills learned in</li> <li>To develop more advanced tactics to be used in games.</li> <li>To identify strengths and weaknesses in games</li> <li>To discuss ways to improve their performance.</li> </ol>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules &amp; 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><b>Employability skills</b> Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication</p>	<p><b>One is better than the other</b></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"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul> <ol style="list-style-type: none"> <li>To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</li> <li>To improve and build on basic skills learned in</li> <li>To develop more advanced tactics to be used in games.</li> <li>To identify strengths and weaknesses in games</li> <li>To discuss ways to improve their performance.</li> </ol>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules &amp; 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><b>Employability skills</b> 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"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul> <ol style="list-style-type: none"> <li>To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</li> <li>To improve and build on basic skills learned in</li> <li>To develop more advanced tactics to be used in games.</li> <li>To identify strengths and weaknesses in games</li> <li>To discuss ways to improve their performance.</li> </ol>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules &amp; 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><b>Employability skills</b> 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"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul> <ol style="list-style-type: none"> <li>To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</li> <li>To improve and build on basic skills learned in</li> <li>To develop more advanced tactics to be used in games.</li> <li>To identify strengths and weaknesses in games</li> <li>To discuss ways to improve their performance.</li> </ol>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules &amp; 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><b>Employability skills</b> 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 &amp; 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"> <li>- Standing long jump</li> <li>- 12-minute Cooper run</li> <li>- Sit and reach</li> <li>- 40m sprint</li> <li>- Reaction time</li> </ul> <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><b>Employability skills</b> 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 &amp; 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><b>Gymnastics</b></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><b>Employability skills</b> 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 &amp; 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><b>Employability skills</b> 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 &amp; 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><b>Employability skills</b> 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"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules &amp; 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><b>Employability skills</b> 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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Badminton	<p>N/C links:</p> <ul style="list-style-type: none"> <li>• Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> <li>• Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>• Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul> <ol style="list-style-type: none"> <li>1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes.</li> <li>2. To improve and build on basic skills learned in</li> <li>3. To develop more advanced tactics to be used in games.</li> <li>4. To identify strengths and weaknesses in games</li> <li>5. To discuss ways to improve their performance.</li> </ol>	<p>Assessment based on GCSE OCR practical unit</p> <p>During this unit students will be assessed on their knowledge of rules &amp; 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>