

KS4: PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Gym/Fitness x 2 weeks Gymnastics x 2 weeks Football x 2 weeks	Basketball x 2 weeks Tennis x 2 weeks Volleyball x 2 weeks	Dodgeball x 2 weeks Badminton x 2 weeks Hockey x 2 weeks	Table tennis x 2 weeks Cricket x 2 weeks Boxercise x 2 weeks	Handball x 2 weeks Football x 2 weeks Outdoor adventure activities x 2 weeks	Athletics x 2 weeks Rounders x 2 weeks Netball x 2 weeks
Knowledge	Students will build on skills learnt in KS3 and further develop their knowledge when competing against students to gain advantage in a game. One of the main focuses in KS4 PE is to understand the importance of keeping fit and maintaining a healthy lifestyle. Students will get to experience small sided games, tournaments and will be able to	Students will build on skills learnt in KS3 and further develop their knowledge when competing against students to gain advantage in a game. One of the main focuses in KS4 PE is to understand the importance of keeping fit and maintaining a healthy lifestyle. Students will get to experience small sided games, tournaments and	Students will build on skills learnt in KS3 and further develop their knowledge when competing against students to gain advantage in a game. One of the main focuses in KS4 PE is to understand the importance of keeping fit and maintaining a healthy lifestyle. Students will get to experience small sided games, tournaments and will be able to	Students will build on skills learnt in KS3 and further develop their knowledge when competing against students to gain advantage in a game. One of the main focuses in KS4 PE is to understand the importance of keeping fit and maintaining a healthy lifestyle. Students will get to experience small sided games, tournaments and will be able to	Students will build on skills learnt in KS3 and further develop their knowledge when competing against students to gain advantage in a game. One of the main focuses in KS4 PE is to understand the importance of keeping fit and maintaining a healthy lifestyle. Students will get to experience small sided games, tournaments and	Students will build on skills learnt in KS3 and further develop their knowledge when competing against students to gain advantage in a game. One of the main focuses in KS4 PE is to understand the importance of keeping fit and maintaining a healthy lifestyle. Students will get to experience small sided games, tournaments and

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	develop individual skills and sporting potential whilst deepening their knowledge in specific sports.	will be able to develop individual skills and sporting potential whilst deepening their knowledge in specific sports.	develop individual skills and sporting potential whilst deepening their knowledge in specific sports.	Students will get to experience small sided games, tournaments and will be able to develop individual skills and sporting potential whilst deepening their knowledge in specific sports.	will be able to develop individual skills and sporting potential whilst deepening their knowledge in specific sports.	will be able to develop individual skills and sporting potential whilst deepening their knowledge in specific sports.
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