

ACLE ACADEMY KS4 CORE PHYSICAL EDUCATION LEARNING JOURNEY

PE		Autumn Scheme of Learning 1	Autumn Scheme of Learning 2	Spring Scheme of Learning 1	Spring Scheme of Learning 2	Summer Scheme of Learning 1	Summer Scheme of Learning 2
Year 10- programme of study (Student Choice for each unit of study)	Competitive and Challenged Pathway Option	Netball Umpiring	Basketball	Rugby	Football Refereeing	Tennis	Lacrosse
	Healthy and Creative Pathway Option	Sports Leadership	Dance	Fitness Classes	Gymnastics	Golf	Rounders
Progression of skills		<ul style="list-style-type: none"> - Laws of the game - Refereeing signals - Managing games and players - Positioning - Application to games 	<ul style="list-style-type: none"> - Shooting - Dribbling - Positional roles - Match tactics and strategies 	<ul style="list-style-type: none"> - Specialist skills - Passing, running, tackling, rucking - Match tactics and strategies - Positional roles and responsibilities - Technical rules 	<ul style="list-style-type: none"> - Laws of the game - Umpiring signals - Managing games and players - Positioning - Application to games 	<ul style="list-style-type: none"> - Forehands - Backhands - Volleys - Serving - Smash shots - Game strategies such as net play and baseline play - Doubles play 	<ul style="list-style-type: none"> - Passing and catching - Scooping - Shooting - Rules of the game (pop lacrosse) - Player positions - Match play and tactics
Progression of skills		Students will select a sport and deliver a session to the class accompanied by the teacher.	<ul style="list-style-type: none"> - Use of space, dynamics, levels - Counting beats and synchronisation - Choreographing material to add to a set motif 	<ul style="list-style-type: none"> - Skills and techniques for a range of activities found at sport centres: <ul style="list-style-type: none"> - Aerobics - Step aerobics - Circuits - Fitness through dance/Zumba - Yoga 	<ul style="list-style-type: none"> -Use of apparatus -Group work creating sequences -Developing vaulting skills 	<ul style="list-style-type: none"> -Stance, grip, backswing and follow through for each shot - Drives with irons - Chipping - Putting - Selecting the correct shot - Rounds of golf 	<ul style="list-style-type: none"> - Batting skills - Fielding tactics - Base work - Communication in the field - Decision making as individuals and a team -Umpiring

Year 11- programme of study	Competitive and Challenged Pathway Option	Netball Education	Dodgeball	Rugby	Football Education	N/A GCSE Exams
	Healthy and Creative Pathway Option	Golf	Fitness Classes	Table Tennis	Dodgeball	
Progression of skills	In teams, students will take up a role within that team. Each lesson, students lead their own training and organisation of equipment whilst the teacher scores on various criteria. Each lesson, a league match is played between the teams, which earns points for the team. At the end of the scheme, the team with the highest number of points wins.	<ul style="list-style-type: none"> - Throwing techniques - Catching and blocking techniques - Positional roles - Team strategies - Rules of the game 	<ul style="list-style-type: none"> - Specialist skills - Passing, running, tackling, rucking - Match tactics and strategies - Positional roles and responsibilities - Technical rules 	In teams, students will take up a role within that team. Each lesson, students lead their own training and organisation of equipment whilst the teacher scores on various criteria. Each lesson, a league match is played between the teams, which earns points for the team. At the end of the scheme, the team with the highest number of points wins.		
Progression of skills	<ul style="list-style-type: none"> - Stance, grip, backswing and follow through for each shot - Drives with irons - Chipping - Putting - Selecting the correct shot - Rounds of golf 	<ul style="list-style-type: none"> - Skills and techniques for a range of activities found at sport centres: - Aerobics - Step aerobics - Circuits - Fitness through dance/Zumba - Yoga 	<ul style="list-style-type: none"> - Serving - Offensive shots - Defensive shots - Application of spin - Game strategies and shot selection - Umpiring 	<ul style="list-style-type: none"> - Throwing techniques - Catching and blocking techniques - Positional roles - Team strategies - Rules of the game 		

