CORE PE KS4 Route 2



😤 Skills and techniques 🚮 Tactics and strategies 🔑 Healthy participation

Y10 AUTUMN TERM 1



How do I perform technically correct front and back landings?

complex routine? How are creative activities officiated?

How can I effectively improve my flexibility?

Dance:

- 😩 How do I improve the accuracy and precision the set motif?
- 1 How can I create my own routine to music using a range of choreographical devices?
- How do particular training methods influence my ability to dance?

Healthy Participation:

- How do I apply principles of training?
- How do I use interesting training methods do develop different components of fitness?

Y10 AUTUMN TERM 2

Handball:

- 👸 How do I shoot powerfully with good technique?
- How do we perform set counter-attacking moves?
- How do I train to improve my handball performance?

Table Tennis:

- How do I increase the power of my shots whilst maintaining accuracy?
- How do we exploit our opponent's weaker shots?
- How can I effectively improve my agility to move around the table?

Y10 SPRING TERM 1

CEC Fitness Training (including boxercise):

- 👸 How do I perform a technically correct cross and jab?
- 🚯 How do I develop the key components of fitness required to be successful in boxercise?
- 🦁 How can different training methods help me develop the adaptations needed to be successful in boxercise?

Y10 SPRING TERM 2

Badminton:

- 👸 How do I develop my footwork to refine my shot technique?
- 😭 How do I play a variety of shots to my advantage, exposing my opponent's weaknesses?
- How do I officiate effectively? How would I train for badminton to improve my performance?

- 🔔 How do I develop my footwork to refine my shot technique?
- 🐒 How do I play a variety of shots to my advantage, exposing my opponent's weaknesses?
- How do I officiate in tennis? How would I train for badminton to improve my performance?

Y10 SUMMER TERM 1

Softball and rounders:

- How do I disguise and refine my directional batting skills?
- 😚 How do we get multiple outs when fielding?
- (9) How do I train for striking and fielding activities?

Diamond Cricket:

- How do I bowl with consistent line and length?
- S How do I base my shot selection on the pitch of the ball?
- How would you apply principles of training for cricket?

Y10 SUMMER TERM 2

OAA:

- 😤 How do I successfully use a map?
- How do I work as part of a team to solve complex problems?
- How do I improve my fitness for OAA activities? What OAA activities are available to me?

Athletics:

- How do I use momentum and centre of mass to refine my technique?
- 🚮 How can I tactically run middle and long distance events in order to achieve the best possible time?
 - How do I apply fitness training methods to gain athletic-based physique adaptations?

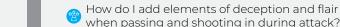
YII AUTUMN TERM

Tennis:

- How do I use a volley effectively?
- of myself and my opponent?
- physical and mental health?

after I leave year 11?

Handball:



- when passing and shooting in during attack? How do I employ my own gameplan based on the strengths and weaknesses How do we make use fast ball movement to create gaps? How does tennis impact upon my
- How do I continue to take part in handball How do I continue to take part in tennis
- How does physical activity have positive impacts on my mental health?

after I leave year 11?

Y11 SPRING TERM 1

CEC Run and Fitness Training (including boxercise): 👸 How do I combine music and dance with boxing

- to improve my guard, jab and footwork? 🐧 How do I construct a jab sequence whilst
- maintaining my balance? What other opportunities are open to me in sport
- other than being a performer? How do I continue to take part in martial arts or

boxercise after I leave year 11?

Table Tennis:

- How do we add different types of spin to our shots in order to deceive the opponent? How do select different types of shot in order
- to control a rally? What other opportunities are open to me in
- sport other than being a performer? How do I continue to take part in table tennis

after I leave year 11?

Y11 SPRING TERM 2

Volleyball: How do I perform digs, sets and spikes with consistent accuracy?

- 🚯 How do I know which shots I should take and
- which I should leave for others to take? What other opportunities are open to me in
- sport other than being a performer? How do I continue to take part in volleyball after I leave year 11?

How do I disguise different attacking shots in

- order to create greater space? Mow do I vary my shot selection in order to tire
- out my opponent? How does physical activity improve my mental health and well-being?
- How do I continue to take part in Badminton after I leave year 11?

Y11 SUMMER TERM 1

Athletics:

- 😤 How do I improve my existing technique using technology as an aid?
- 🚯 How do I implement tactics based on own physical strengths and weaknesses.
- How do I continue to take part in summer sports after I leave year 11?





- How does physical activity have positive impacts on my mental health?