

Key stage 4 (Core PE)		
Year 10 - Focus on skill execution and performance in competitive or participation pathways		
Year 11 - Focus on Wellbeing and lifelong participation in competitive or participation pathways		
1	Rugby Netball Badminton	Using their skills learnt in Key Stage 3, Students apply these in competitive situations such as small sided games.
2	Football House Sport Country Dancing	<p>Students apply their skills learnt in Key Stage 3 in competitive situations. The focus is on skill execution and application when performing against an opponent.</p> <p>In keeping with our annual tradition and legacy, students participate in a series of Country Dancing lessons building on their knowledge from learning these in Key Stage 3.</p>
3	Fitness	<p>Building on their knowledge from Key Stage 3, Students apply this in a variety of Fitness training sessions which allows students to experience different fitness activities which they may continue with beyond school.</p> <p>Fitness lessons provide an opportunity to further support physical and mental wellbeing.</p>
4	Basketball Summer Team Games	This unit allows Students to experience innovative and creative activities which can inspire participation beyond PE lessons and school.
5	Athletics, Striking and Fielding, Net games	<p>Students participate in their final rotation of traditional summer activities.</p> <p>For GCSE PE Students, this provides further opportunity to be assessed in these activities when performing against opposition. Studying athletics allows preparation for the whole school Sports day where students can showcase their ability, participate for and support their House team.</p>
6	Athletics, Striking and Fielding, Net games	<p>Students participate in their final rotation of traditional summer activities.</p> <p>For GCSE PE Students, this provides further opportunity to be assessed in these activities when performing against opposition. Studying athletics allows preparation for the whole school Sports day where students can showcase their ability, participate for and support their House team.</p>