Space Studio West London
an Aspirations Academy

Physical Education- Curriculum Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 curriculum overview	PE Options- Invasion related	PE Options- Invasion related	PE Options- Fitness related	PE Options- Net/Court/Wall related	PE Options- Athletics related	PE Options- Striking and Fielding related
Key knowledge outcomes (students should know)	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the emotions of the team. They will gain a greater understanding of the rules of the games being played.	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the emotions of the team. They will gain a greater understanding of the rules of the games being played.	Students will have a choice of three options at the beginning of each half term. Students will gain a greater understanding of health and fitness and how to plan a training programme to improve their weaknesses.	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the emotions of the team. They will gain a greater understanding of the rules of the games being played.	Students will have a choice of three options at the beginning of each half term, students will focus on each of the athletics disciplines and gain a greater understanding of the techniques involved in the throwing, running and jumping events. Students will then compete in each of the disciplines.	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the emotions of the team. They will gain a greater understanding of the rules of the games being played.

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Key skills (students should be able to)	Ball handling (hand) Ball mastery (foot) Throwing Catching Tactical awareness Communication Teamwork Problem solving Passing/Receiving	Ball handling (hand) Ball mastery (foot) Throwing Catching Tactical awareness Communication Teamwork Problem solving Passing/Receiving	Session planning Analyse Strength training Cardiovascular Endurance Muscular endurance Power Coordination Agility Speed Reaction time	Racket handling Hand eye coordination Serving Footwork Ball handling	Throwing techniques Running Techniques Pacing Strength Coordination Agility Breathing techniques Jumping techniques Safe landing	Bat handling Hand eye coordination Serving Footwork Ball handling
Year 11 curriculum overview	PE Options- Invasion related	PE Options- Invasion related	PE Options- Fitness related	PE Options- Net/Court/Wall related	PE Options- Athletics related	PE Options- Striking and Fielding related
Key knowledge outcomes (students should know)	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the emotions of the team. They will gain a greater understanding of the	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the emotions of the team. They will gain a	Students will have a choice of three options at the beginning of each half term. Students will gain a greater understanding of health and fitness and how to plan a training programme to improve their weaknesses.	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the emotions of the team. They will gain a	Students will have a choice of three options at the beginning of each half term, students will focus on each of the athletics disciplines and gain a greater understanding of the techniques involved in the throwing, running and jumping	Students will have a choice of three options at the beginning of each half term, students will focus on game play to gain a greater understanding of the competitive environment and how to control both their emotions and the

	rules of the games being played.	greater understanding of the rules of the games being played.		greater understanding of the rules of the games being played.	events. Students will then compete in each of the disciplines.	emotions of the team. They will gain a greater understanding of the rules of the games being played.
Key skills (students should be able to)	Ball handling (hand) Ball mastery (foot) Throwing Catching Tactical awareness Communication Teamwork Problem solving Passing/Receiving	Ball handling (hand) Ball mastery (foot) Throwing Catching Tactical awareness Communication Teamwork Problem solving Passing/Receiving	Session planning Analyse Strength training Cardiovascular Endurance Muscular endurance Power Coordination Agility Speed Reaction time	Racket handling Hand eye coordination Serving Footwork Ball handling	Throwing techniques Running Techniques Pacing Strength Coordination Agility Breathing techniques Jumping techniques Safe landing	Bat handling Hand eye coordination Serving Footwork Ball handling
Year 12 curriculum overview						
Key knowledge outcomes (students should know)						
Key skills (students should be able to)						

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