



## Curriculum Plans – Key Stage 5 Physical Education

### Year 13

	Block 1/ Block2/ Block 3	Block 4/ Block 5	Block 6/ Block 7
	<p><b>Alternative / Target Sports: Speedball, Sepak, Frisbee Golf/ Fitness and Strength Conditioning</b></p> <p><b>Sports Knowledge Unit: Student-led Explorations/Role of Executive function and Self Regulation</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Kick the ball over the net</li> <li>-Throw the frisbee</li> <li>-Pass the ball/ frisbee (short, long)</li> <li>-Run with the ball/frisbee</li> <li>-Turn with the ball -Perform the role of pitcher</li> <li>-Throw to bases</li> <li>-Run to bases</li> <li>-Throw/ strike a ball/ frisbee toward a target</li> <li>-Field the ball</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Use a range of passes successfully</li> <li>-Toss the frisbee with accuracy to multiple targets</li> <li>-Keep possession</li> <li>-Understand tactical problems related to target games, including:               <ul style="list-style-type: none"> <li>*shot selection</li> <li>*judging distance,</li> <li>*preventing points</li> <li>*protecting a shot</li> </ul> </li> </ul>	<p><b>Cognitive Fitness Unit: Cognitive Fitness Games/ Fitness and Strength Conditioning</b></p> <p><b>Sports Knowledge Unit: Role of Exercise and Stress Management</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Move the ball down the pitch with running</li> <li>-Pass the ball sideways using the correct part of the hand</li> <li>-Turn with the ball</li> <li>-Pass and receive</li> <li>-Understand team formations</li> <li>-Change direction with the ball</li> <li>-Stop and pivot with the ball</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Move the ball past opponents with precision and control</li> <li>-Use of passes successfully</li> <li>-Gain possession</li> <li>-Keep possession</li> <li>-Change direction keeping off defenders</li> <li>-Intercept players</li> <li>-Catch and turn in the air</li> </ul>	<p><b>Study Leave</b></p>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>-Observations</li> <li>-Q&amp;A</li> <li>-Skill demonstrations</li> <li>-Skill practice</li> <li>-Peer Review</li> <li>-Group Work</li> <li>-Knowledge checks</li> <li>-Skill assessment</li> <li>-Fitness assessment</li> <li>-Knowledge assessment</li> </ul>	<ul style="list-style-type: none"> <li>Observations</li> <li>-Q&amp;A</li> <li>-Skill demonstrations</li> <li>-Skill practice</li> <li>-Peer Review</li> <li>-Group Work</li> <li>-Knowledge checks</li> <li>-Skill assessment</li> <li>-Fitness assessment</li> <li>-Knowledge assessment</li> </ul>	-