

British International School of Ljubljana



an Orbital Education School

Curriculum Plans – Year 12 - Physical Education – Academic Year 2023/24 Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 12 in Key Stage 5.

	through Year 12 in Key Stage 5.										
	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7				
	Volleyball/	Badminton/	Tennis	Floor Hockey	Handball	Ultimate Frisbee	Cricket, Athletics,				
	Adventure Days	Swimming		,			Sports Days &				
		-	Technical/Tactic	Technical/Tactic	Technical/Tact	Technical/Tactic	BISL Olympics				
	Technical/Tactical:	Technical/Tactical:	al: service,	al: passing,	ical: passing,	al: passing,					
	underhand serve,	service, drop shot,	forehand,	receiving,	receiving,	footwork,	Technical/Tactical:				
	dig, set, spike and	and playing to	backhand,	dribbling,	dribbling,	shooting,	passing, receiving,				
	play to space.	space. Students	volley, and	finishing , and	finishing , and	positional play,	striking, and				
	Students will produce balance,	will produce	playing to space. Students will	making decisions under	making decisions	marking, defending, and	feilding. Students will				
	agility, coordination,	balance, agility, coordination,	produce balance.	pressure.	under	decision	produce speed,				
	power, and	power, and	agility,	Students will	pressure.	making.	agility, and				
	improved reaction	improved reaction	coordination,	produce speed,	Students will	Students will	improved reaction				
	time.	time.	power, and	agility, power,	produce	produce agility,	time.				
			improved	and improved	speed, agility,	balance, and					
	Psychological:	Psychological:	reaction time.	reaction time.	power, and	improved	Psychological:				
	positive approach to	positive approach			improved	coordination.	positive approach				
	play and	to play and	Psychological:	Psychological:	reaction time.		to play and				
	concentration.	concentration.	positive	positive		Psychological:	concentration.				
	Social: working	Contale working	approach to play and	approach to play	Psychological:	positive	Casiali taamuuark				
	independently and communicating	Social: working independently,	concentration.	and concentration.	positive approach to	approach to play and	Social: teamwork and managing				
	rules.	communicating	concentration.	concentration.	play and	concentration.	success and failure.				
	Students will analyse	rules.	Social: working	Social:	concentration.	concentration.	success and randre.				
	their technique and		independently	teamwork and		Social: teamwork	Students will				
	improve their	Students will	and	managing	Social:	and managing	produce throwing				
	performance	analyse their	communicating	success and	teamwork and	individual	and catching in				
	making contact	technique and	rules.	team failure.	managing	success and	isolation and in				
	contact with the	improve their		- · · ·	success and	failure.	combination as				
	volleyball, using	performance	Students will	Students will	team failure.		well as apply				
	underarm and	making contact	analyse their technique and	participate in	Ctudente will	Students will	balance, agility and coordination.				
Topic	overarm techniques and will use and	with the shuttle, using underarm	improve their	team games using and	Students will participate in	participate in	Students will apply				
To	develop a variety of	and overarm	performance	developing a	team games	team games	these skills in co-				
	tactics and strategies	techniques.	making contact	variety of tactics	using and	using and developing a	operative and				
	to overcome	Students will use	with the tennis	and strategies to	developing a	variety of tactics	competitive				
	opponents in team	and develop a	ball, and using	overcome	variety of	and strategies to	physical activities.				
	and individual	variety of tactics	forehandand,	opponents.	tactics and	overcome					
	games. Students will	and strategies to	backhand and		strategies to	opponents.	Students will				
	analyse their serving	overcome	volley	The working	overcome		analyse their				
	technique.	opponents in team	techniques.	world:	opponents.	Keep it green,	performances				
	Students take part in further outdoor and	and individual. Students will	Students will use and develop a	discussion on innovations in	Opportunition	keep it clean:	compared to previous ones and				
	adventurous	analyse their	variety of tactics	sport.	Opportunities for everyone:	discussion on	demonstrate				
	activities in a range	serving technique.	and strategies to	3port.	discussing	ways	improvement to				
	of environments	serving teeninque.	overcome		proactive	professional	achieve their				
	which present	Students will swim	opponents in		behaviours	sports are going	personal best with				
	intellectual and	competently and	team and		that make	green.	running, jumping,				
	physical challenges	confidently using a	individual.		people from all		and throwing				
	and which	range of strokes	Students will		backgrounds		through a range of				
	encourage pupils to	over a distance of	analyse their		feel welcome.		athletics				
	work in a team,	at least 25 metres.	serving				competitions				
	building on trust and	Students can	technique.				during sports days.				
	developing skills to solve problems,	perform safe self- rescue in different	Better together:				Healthy body:				
	either individually or	water-based	discussions on				healthy mind:				
	as a group.	situations.	identifying				discussions on the				
	Planning for		injustices in the				relationship				
	tomorrow:	World around us:	world of sports.				between nutrition,				
	discussions of how	discussions on					exercise, sleep				
	sporting facilities	Black History and					patterns and				
	and sporting events	the role of sport to					mental health.				
	are turning towards	highlight social and									
	clean energy.	political issues.									





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Asses							