

## KS4 Curriculum Plan 2025-26

		LP1	LP2	LP3	LP4	LP5
TOPIC		<i>Outdoor Invasion Games Indoor Invasion Games</i>	<i>Indoor invasion games Outdoor invasion games</i>	<i>Net games and fitness</i>	<i>Striking and fielding games</i>	<i>Athletics and Outdoor education</i>
Year 10	<b>Knowledge</b>	Students will develop their knowledge of the rules and regulations in a range of indoor and outdoor sports, whilst developing skills such as passing, dribbling, shooting and crossing in competitive play. Students will develop their knowledge of team tactics in indoor and outdoor invasion games, demonstrating technical and tactical awareness. Students will develop their knowledge of the components of fitness required to be successful in indoor and outdoor invasion games.	Students will develop their knowledge of the rules and regulations in a range of indoor and outdoor sports, whilst developing skills such as passing, dribbling, shooting and crossing in competitive play. Students will develop their knowledge of team tactics in indoor and outdoor invasion games, demonstrating technical and tactical awareness. Students will develop their knowledge of the components of fitness required to be successful in indoor and outdoor invasion games.	Students will develop knowledge of the rules in net games such as serving positions, rules and scoring systems. Students will explore technical skills in badminton and volleyball and explore ways to deceive opponents and develop attacking and defensive tactics. Students will know the different components of fitness and explore how to apply the correct method of training to improve performance.	Students will know scoring systems for a range of striking and fielding activities such as cricket, rounders and softball. Students will explore technical skills in cricket, softball and rounders developing knowledge of bowling, fielding and offensive play. Students will explore team tactics for attacking and defending and apply them in game situations, whilst developing knowledge of the different components of fitness required for striking and fielding games.	Students will develop knowledge of the health and safety rules and regulations in athletics and outdoor education. Students will also explore techniques and tactics needed across all athletic events and outdoor education, developing knowledge of the different components of fitness required, whilst also developing knowledge of the appropriate method of training to improve performance.
	<b>Skills</b>	Playing and officiating sports, tactical analysis and creative tactics. Explaining training methods to improve fitness.	Playing and officiating sports, tactical analysis and creative tactics. Explaining training methods to improve fitness.	Playing and officiating sports, tactical analysis and creative tactics. Applying a range of training methods to improve different components of fitness	Playing and officiating sports, tactical analysis and creative tactics. Applying a range of training methods to improve different components of fitness	Playing and officiating sports, tactical analysis and creative tactics. Applying a range of training methods to improve different components of fitness
	<b>Key Vocab</b>	Possession, retention, invasion, counter attack, defensive, compact, shape, cardiovascular	Possession, retention, invasion, counter attack, defensive, compact, shape, cardiovascular	Regulations, formations, defensive, deception, manipulation, opposition, musculoskeletal, cardiovascular	Rules, regulations, tactical, striking, fielding, agility, power	Regulations, hazards, momentum, trajectory, pacing, power, velocity

		LP1	LP2	LP3	LP4	LP5
TOPIC		<i>Outdoor Invasion Games Indoor Invasion Games</i>	<i>Outdoor Invasion Games Indoor Invasion Games</i>	<i>Net games and fitness</i>	<i>Striking and fielding games</i>	<i>Athletics and Outdoor education</i>
Year 11	<b>Knowledge</b>	Students will explore the major rules in a range of indoor and outdoor sports, whilst deepening their knowledge of skills such as passing, dribbling, shooting and crossing in competitive play. Students will further develop their knowledge of team tactics and deepen knowledge of attacking and defensive formations in indoor and outdoor invasion games, demonstrating technical and tactical awareness. Students will confidently apply their knowledge of the components of fitness required to be successful in indoor and outdoor invasion games.	Students will explore the major rules in a range of indoor and outdoor sports, whilst deepening their knowledge of skills such as passing, dribbling, shooting and crossing in competitive play. Students will further develop their knowledge of team tactics and deepen knowledge of attacking and defensive formations in indoor and outdoor invasion games, demonstrating technical and tactical awareness. Students will confidently apply their knowledge of the components of fitness required to be successful in indoor and outdoor invasion games.	Students will explore the major rules in net games such as serving positions, rules and scoring systems. Students will deepen knowledge of the technical skills in badminton and volleyball and further develop ways to deceive opponents and apply attacking and defensive tactics. Students will know the different components of fitness and explore how to apply the correct method of training to improve performance.	Students will know scoring systems for a range of striking and fielding activities such as cricket, rounders and softball. Students will deepen knowledge of technical skills in cricket, softball and rounders, further developing knowledge of bowling, fielding and offensive play. Students will deepen knowledge of team tactics for attacking and defending applying them in game situations. Students will also deepen knowledge of the different components of fitness required for striking and fielding games.	
	<b>Skills</b>	Playing and officiating sports, tactical analysis and creative tactics, leading warm ups	Playing and officiating sports, tactical analysis and creative tactics, leading warm ups	Playing and officiating sports, tactical analysis and creative tactics, leading warm ups	Playing and officiating sports, tactical analysis and creative tactics, leading warm ups	
	<b>Key Vocab</b>	Possession, retention, invasion, counter attack, defensive, compact, shape, cardiovascular	Possession, retention, invasion, counter attack, defensive, compact, shape, cardiovascular	Regulations, formations, defensive, deception, manipulation, opposition, musculoskeletal, cardiovascular	Rules, regulations, tactical, striking, fielding, agility, power	