

Step 3 Year 11 Lifelong Engagement: using learnt skills and knowledge to positively select activities to engage in as part of a healthy, active lifestyle.

KS4 CORE PE CURRICULUM: Year 11

Half Term	Week	Traditional	Exercise	Social	Alternative	Sports Science*	Adjacent Core Group
Autumn 1	04-Sep	PE Introduction / Grouping					
	11-Sep	Rugby (Field)	Step Aerobics (Hall)	Netball (Courts)	Dodgeball (Gym)	R181 Task 4	Field/Courts/Hall
	18-Sep						
	25-Sep						
	02-Oct						
	09-Oct						
	16-Oct						
Autumn 2	30-Oct	Handball (Courts)	Circuits (Gym)	Tag Rugby (Field)	Boxing Introduction (Hall)	R181 Task 4 Conclusion, Task 5 (Theory) R182 (Theory) (R182 drop down days to be requested)	Field/Courts/Hall until Week beginning 13th November
	06-Nov						
	13-Nov						
	20-Nov	Dodgeball (Gym)	Fitness Suite (Cardio Proramme)	Table Tennis (Hall)	Capture the Flag & Orienteering & Team Building		
	27-Nov						
	04-Dec						
	11-Dec						
18-Dec							
Spring 1	01-Jan	Mock Period					
	08-Jan						
	15-Jan						
	22-Jan	Football (Field)	Fitness Suite (Weights Programme)	Badminton (Hall)	Volleyball (Gym)	Pupils should now be in Core selection Groups	
	29-Jan						
	05-Feb						
	12-Feb						
Spring 2	26-Feb	Basketball (Gym)	Couch to 5k (outside)	Fitness (Fitness Suite)	Handball and/or Netball (Courts)	Pupils should now be in Core selection Groups	
	04-Mar						
	11-Mar						
	18-Mar						
	25-Mar						
Summer 1	15-Apr	Cricket (Field)	TBC	Rounders and/or Tennis (field/courts)	Rounders and/or Tennis (field/courts)	Pupils may be removed to complete Sports Science R180 preparation if time allocation too small.	
	22-Apr						
	29-Apr						
	06-May						
	13-May						
	20-May						
Summer 2	03-Jun	GCSE Exam Period					
	10-Jun						
	17-Jun						
	24-Jun						
	01-Jul						
	08-Jul						
	15-Jul						