KS4 Core Physical Education Core Long Term Plan 2025 - 2026

Intent: To provide a broad and inclusive Physical Education curriculum that develops students' physical competence, knowledge and confidence through a carefully sequenced programme. We aim to build resilience, teamwork and leadership skills, fostering a lifelong appreciation of physical activity and sport.

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Badminton – Spring Term

Curriculum Subject skills
Tactics and strategies in individual/team games

- ❑ Serve consistency under pressure
- ❑ Tactical shot selection
- ❑ Strategic court positioning
- ❑ Sustained rally control
- ❑ Competitive gameplay
- ❑ Independent officiating

Team Building - Spring Term

Curriculum Subject skills
Further outdoor and adventurous activities

- ❑ Leadership
- ❑ Strategic planning
- ❑ Trust and accountability
- ❑ Advanced problem-solving
- ❑ Team evaluation

Outdoor and Alternative Physical Activities - Summer Term

Curriculum Subject skills
Further outdoor and adventurous activities

- ❑ Obstacle challenge and route planning
- ❑ Strength and conditioning application
- ❑ Agility and coordination
- ❑ Risk management
- ❑ Independent progression

Rollerblading Autumn Term

Curriculum Subject skills
Further outdoor and adventurous activities

- ❑ Balance and stability
- ❑ Controlled stopping and slowing
- ❑ Directional change and turning
- ❑ Safe falling and recovery
- ❑ Application of health and safety
- ❑ Independent skill development

Health Fitness and Wellbeing – Autumn & Spring Term

Curriculum Subject skills
Analyse performance and achieve personal best. Contributes to lifelong participation

- ❑ Structured fitness training
- ❑ Strength and conditioning
- ❑ Cardiovascular training (HIIT & circuits)
- ❑ Flexibility and mobility (yoga/Pilates)
- ❑ Recovery and wellbeing strategies
- ❑ Independent participation

Dance – Spring Term

Curriculum Subject skills
Perform dances using advanced techniques within a range of styles

- ❑ Fundamental movement technique
- ❑ Timing and rhythm
- ❑ Basic choreographic devices
- ❑ Spatial awareness and formation
- ❑ Group performance
- ❑ Evaluation of performance

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Volleyball – Spring Term

Curriculum Subject skills
Tactics and strategies in individual/team games

- ❑ Application of net/wall principles
- ❑ Tactical positioning and rotation
- ❑ Communication within team structures
- ❑ Strategic shot selection
- ❑ Maintaining performance under competitive pressure

Athletics – Summer Term

Curriculum Subject skills
Develop technique and analyse performance to achieve personal best

- ❑ Sprint & pacing refinement
- ❑ Relay coordination
- ❑ Throwing technique
- ❑ Performance analysis
- ❑ Competitive performance

Striking and Fielding – Summer Term

Curriculum Subject skills
Use tactics and develop technique in direct competition

- ❑ Batting refinement
- ❑ Tactical fielding
- ❑ Strategic gameplay
- ❑ Competitive consistency
- ❑ Team communication
- ❑ Officiating

Badminton – Spring Term

Curriculum Subject skills
Tactics and strategies in individual/team games

- ❑ Grip and serve technique
- ❑ Forehand and backhand shots
- ❑ Court positioning
- ❑ Basic shot selection
- ❑ Gameplay application
- ❑ Officiating and scoring

Basketball – Autumn Term

Curriculum Subject skills
Use and develop tactics and strategies in direct competition

- ❑ Application of invasion game principles and skills
- ❑ Tactical movement and spacing
- ❑ Transition play and defensive organisation
- ❑ Strategic decision-making
- ❑ Officiating and rule application

Netball – Autumn Term

Curriculum Subject skills
Use and develop tactics and strategies in direct competition

- ❑ Advanced tactical application
- ❑ Structured attacking and defensive systems
- ❑ Game management under pressure
- ❑ Consistency in competitive performance
- ❑ Leadership and officiating

Dance – All Terms

Curriculum Subject skills
Perform dances using advanced techniques within a range of styles

- ❑ Fundamental movement technique
- ❑ Timing and rhythm
- ❑ Basic choreographic devices
- ❑ Spatial awareness and formation
- ❑ Group performance
- ❑ Evaluation of performance

KS3 Transferable Skills

- Advanced technical skill execution in competitive contexts
- Application of tactics and strategies in team and individual sports
- Physical conditioning and application of methods of training
- Performance analysis and evaluation to improve outcomes
- Leadership, officiating and effective communication
- Independent participation and commitment to lifelong physical activity