



KS5 Core Physical Education

Approximate available lessons based on 2 lessons per week over 37 week year; assuming approximately 16 lessons missed for holidays/other subject activities/PSHE/exams

Exact curriculum timings are approximate due to holidays/ other subject trips and activities/PSHE/internal examinations

All topics across KS5 will have ongoing formative assessment including:

- Questioning techniques
- Peer/self assessments
- Class activities
- Practical work

Some topics will include theoretical work to ensure that the links between practical and theory are encouraged and emphasised. This will include but not be exclusive of the Cambridge iGCSE syllabus.

	Year 12	Year 13
Topic and Content	<p>Elective pathways for 6th Form: Choice of activity in 3 separate pathways</p> <p>Invasion Games</p> <ul style="list-style-type: none"> ● Football ● Basketball ● Handball ● Benchball ● Ultimate Frisbee ● Hockey ● Tag Rugby <p>Net & Wall Games</p> <ul style="list-style-type: none"> ● Badminton ● Volleyball ● Table Tennis <p>Striking Games</p> <ul style="list-style-type: none"> ● Rounders ● Softball ● Cricket <p>South Asian Games</p> <ul style="list-style-type: none"> ● Kho Kho ● Tag Kabaddi <p>Creative Activities</p> <ul style="list-style-type: none"> ● Dance ● Yoga ● Pilates <p>Wider Elements of PE</p> <ul style="list-style-type: none"> ● Coaching Module ● Refereeing Module ● Sports Science Labs ● Self Governed Power Leagues 	<p>Elective pathways for 6th Form: Choice of activity in 3 separate pathways</p> <p>Invasion Games</p> <ul style="list-style-type: none"> ● Football ● Basketball ● Handball ● Benchball ● Ultimate Frisbee ● Hockey ● Tag Rugby <p>Net & Wall Games</p> <ul style="list-style-type: none"> ● Badminton ● Volleyball ● Table Tennis <p>Striking Games</p> <ul style="list-style-type: none"> ● Rounders ● Softball ● Cricket <p>South Asian Games</p> <ul style="list-style-type: none"> ● Kho Kho ● Tag Kabaddi <p>Creative Activities</p> <ul style="list-style-type: none"> ● Dance ● Yoga ● Pilates <p>Wider Elements of PE</p> <ul style="list-style-type: none"> ● Coaching Module ● Refereeing Module ● Sports Science Labs ● Self Governed Power Leagues
Skills assessed	<p>Teamwork: Teamwork, leadership & humility Organisation: Participation in activities, discussions and questioning Physical: Components of Fitness E.G. Speed, agility, balance, reaction time, power, etc. Skills: Core, Advanced Skills & Tactical Skills</p>	<p>Teamwork: Teamwork, leadership & humility Organisation: Participation in activities, discussions and questioning Physical: Components of Fitness E.G. Speed, agility, balance, reaction time, power, etc. Skills: Core, Advanced Skills & Tactical Skills</p>