



### **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 KS3 will have ongoing formative assessment including:

- Questioning techniques
- Peer/self assessments
- TBS Combine results
- Class activities
- Practical work
- [TOPS PE Assessment Criteria](#)
- [KS3 & KS4 Student Friendly Assessment Criteria](#)

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 10	Year 11
<b>Topic and Content</b>	<p><b>3 week units of sports/activities that include the following:</b></p> <p><b>Invasion Games</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Handball</li> <li>• Benchball</li> <li>• Ultimate Frisbee</li> <li>• Hockey</li> <li>• Tag Rugby</li> </ul> <p><b>Net &amp; Wall Games</b></p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Volleyball</li> <li>• Pickleball</li> </ul> <p><b>Striking Games</b></p> <ul style="list-style-type: none"> <li>• Rounders</li> <li>• Softball</li> <li>• Cricket</li> </ul> <p><b>South Asian Games</b></p> <ul style="list-style-type: none"> <li>• Kho Kho</li> <li>• Tag Kabaddi</li> </ul> <p><b>Athletics &amp; TBS Combine</b></p> <p><b>More student-led activities such as Power Leagues, Ladder Competitions and Sport Education Model activities</b></p>	<p><b>3 week units of sports/activities that include the following:</b></p> <p><b>Invasion Games</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Handball</li> <li>• Benchball</li> <li>• Ultimate Frisbee</li> <li>• Hockey</li> <li>• Tag Rugby</li> </ul> <p><b>Net &amp; Wall Games</b></p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Volleyball</li> <li>• Pickleball</li> </ul> <p><b>Striking Games</b></p> <ul style="list-style-type: none"> <li>• Rounders</li> <li>• Softball</li> <li>• Cricket</li> </ul> <p><b>South Asian Games</b></p> <ul style="list-style-type: none"> <li>• Kho Kho</li> <li>• Tag Kabaddi</li> </ul> <p><b>Athletics &amp; TBS Combine</b></p> <p><b>More student-led activities such as Power Leagues, Ladder Competitions and Sport Education Model activities</b></p>
<b>Skills assessed</b>	<p><b>Teamwork:</b> Teamwork, leadership &amp; humility</p> <p><b>Organisation:</b> Participation in activities, discussions and questioning</p> <p><b>Physical:</b> Components of Fitness E.G. Speed, agility, balance, reaction time, power, etc.</p> <p><b>Skills:</b> Core, Advanced Skills &amp; Tactical Skills</p>	<p><b>Teamwork:</b> Teamwork, leadership &amp; humility</p> <p><b>Organisation:</b> Participation in activities, discussions and questioning</p> <p><b>Physical:</b> Components of Fitness E.G. Speed, agility, balance, reaction time, power, etc.</p> <p><b>Skills:</b> Core, Advanced Skills &amp; Tactical Skills</p>
<b>Method of Assessment</b>	<p>Verbal feedback</p> <p>Peer feedback</p> <p>Reporting points &amp; PTCs</p>	<p>Verbal feedback</p> <p>Peer feedback</p> <p>Reporting points &amp; PTCs</p>