

KS4 PE

Head of Department: Mr Power



Curriculum Intent

We **serve** our students with an adaptive curriculum that meets the needs of all. Our different subjects have carefully identified plans outlining, what they teach and why. This is shared with all students, staff and parents to empower our community in their learning journey and includes careful consideration of sequencing of knowledge and skills. Cardinal Pole is committed to providing **opportunities** for staff and students to become life-long lovers of learning through personalised feedback, opportunities for reflection and progression. We are a community of **aspirant** learners where teachers are experts and students are critical scholars. This is achieved through absolute clarity of expectations and constant re-evaluation of needs through a shared language. We **reward** our community of learners by celebrating the successes, progress and achievements of all.

How do all KS4 PE lessons start? (Ready to Learn)

All lessons at Cardinal Pole start with a 'Ready to Learn' activity. The purpose of this is to support retrieval and prepare students for the lesson with recalling relevant knowledge. This activity is printed for students and handed out at the door. Students are expected to sit at their desk immediately and complete the task before sticking it in their books while the teacher welcomes the class and takes the register.

Ready to learn activities in **PE** look like this:

DO NOW:

1. Pulse-Raiser – Engaging warm-up game –

Example: Boxing tag – Students in groups of twos. Score points by touching their opponents knee. 3 rounds of 30 seconds.

2. Dynamic Stretches that focus on the muscles that will be the primary movers in the skill taught

Example – High Knees, Walking Lunges for Football

Striking & Fielding: Concept Skills

Co-operation; principles of play

Striking & Fielding: Technical Skills

Batting, throwing, catching, fielding and bowling

Net/wall: Concept Skills

Positioning, tournaments and scoring

Net/wall: Technical Skills

Perfecting serving and return techniques

Development of: Net/wall Games

A range of games to develop the disciplines of table tennis, volleyball, badminton

Gym: Concept Skills

How types of training impact the human body and how can they be utilized to meet individual goals

Development of: Tag based Invasion Games

A range of games to develop tag based tackling invasion games

Invasion Games: Technical Skills

Passing, shooting, dribbling, positioning

Movement: Concept Skills

How does setting goals for self-improvement impact participation and motivation?

Development of: Movement

A range of indoor athletics to revisit core movement skills

Development of Striking and Fielding

A range of games to develop the disciplines of softball, cricket and rounders

Athletics: Concept Skills

Measuring, timing, competitions and self-improvement

Introduction to: Athletics

A range of outdoor athletics

Athletics: Technical Skills

Perfecting running, jumping and throwing techniques

Development of: Gym

Developing types of training to link with components of fitness

Tag: Concept Skills

Introducing team tactics to invade space and defend space

Tag: Technical Skills

Perfecting passing and catching techniques; ball familiarisation

Invasion Games: Concept Skills

Principles of attacking and defending

Development of: Invasion Games

A range of games to develop the disciplines of basketball, netball and football

Movement: Technical Skills

Perfecting running, jumping and throwing techniques

Topic: Invasion Games

Autumn Term 1 - Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1	Emerging: I can state the correct passing technique. Achieving: Use and perform correct technique for passing Excelling: I can state, demonstrate and self-correct passing technique under pressure.	Conditioned small sided zonal game.
2	Emerging: I can state the correct shooting/scoring technique. Achieving: Use and perform the correct techniques for shooting/scoring . Excelling: I can state, demonstrate and self-correct shooting/scoring technique in game-like situation.	Use the correct shooting technique that leads to a goal in a game.
3	Emerging: I can state how to control a ball while moving. Achieving: I can state and demonstrate control of a ball while moving. Excelling: I can state, demonstrate and self-control ball control while changing speed and direction in games.	Dribbling past the opposition successfully utilising change of pace and direction.
4	Emerging: I can state the correct defensive positioning and technique. Achieving: I can state and demonstrate the correct defensive positioning and technique. Excelling: I can state, demonstrate and self-correct defensive positioning and technique with precision.	1vs1 situation know how to trac and mark in a small sided game.
5	Emerging: I can state how to maintain possession and create space. Achieving: I can identify and apply offensive tactics of maintaining possession, creating space and advantages. Excelling: I can identify and execute offensive tactics to maintain possession, create space and gain advantages.	Conditioned game offensive tactics and positioning.
6	Emerging: I can state the importance of marking and condensing space. Achieving: I can identify and apply defensive tactics of marking and condensing space. Excelling: I can identify and execute defensive tactics to successfully mark opponents and limit attack opportunities.	Coordinate defensive positioning and tactics in a small sided game.

Topic: Net Wall Games

Autumn Term 2 - Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1	Emerging: I can state the correct grip and basic ready position. Achieving: I can identify and perform the correct grip, ready position and basic forehand shot. Excelling: I can demonstrate and self-correct my grip, ready position and forehand shot with accuracy and control	Use the correct ready position and forehand shot during conditioned rally with partner.
2	Emerging: I can state the correct backhand technique. Achieving: I can identify and perform the correct backhand technique, Excelling: I can demonstrate and self-correct my backhand technique shot with consistency in a rally.	Use the correct backhand shot in a rally, keep the ball in play with a partner.
3	Emerging: I can state the rules and scoring system of the game. Achieving: I can explain and apply the correct rules and coring system in conditioned games. Excelling: I can accurately officiate and play the game using the rules scoring system independently.	Play conditioned games applying the correct rules, scoring system and deicision making.
4	Emerging: I can state how to move effectively around the court. Achieving: I can demonstrate movement to cover the court for shots. Excelling: I can anticipate shots and move efficiently to create space and opportunities.	Cover the court effectively, using movement and positioning to kepp the rally going.
5	Emerging: I can state how to use tactics to win points. Achieving: I can identify and apply basic attacking tactics in a rally. Excelling: I can adapt and apply attacking and defensive tactics to outwit my opponent.	Apply attacking tactics and shot placement to create and take scoring opportunities in a game.
6	Emerging: I can state the importance of communication and teamwork. Achieving: I can communicate and work with my partner during games. Excelling: I can lead communication and support my partner to perform effectively under pressure during games.	Communicate and work effectively with a partner to win rallies and games.

Topic: Fitness

Spring Term 1 Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1	Emerging I can perform a range of exercises targeting different muscle groups with correct technique and consistent effort. Achieving I can apply the principles of circuit training by selecting exercises that develop different components of fitness. Expected I can adapt my circuit training independently to target specific fitness components and evaluate how effectively it improves my performance.	Circuit training focusing on all components of fitness.
2	Emerging I can perform muscular endurance exercises using appropriate resistance and correct technique. Achieving I can select suitable intensity, repetitions and sets to improve muscular endurance for different sporting activities. Expected I can adapt my training variables independently, monitor my performance and evaluate the effectiveness of my muscular endurance programme.	Muscular endurance training using resistance equipment and bodyweight exercises.
3	Emerging I can complete continuous cardiovascular training while maintaining an appropriate level of effort. Achieving I can select suitable cardiovascular training methods and maintain my target training zone to improve aerobic endurance. Expected I can monitor my training intensity using appropriate methods and evaluate how cardiovascular training improves performance in different sports.	Aerobic endurance training using treadmills, bikes, rowing machines and cross trainers
4	Emerging I can perform strength training exercises safely using appropriate resistance and correct technique. Achieving I can apply suitable sets, repetitions and recovery periods to develop muscular strength for specific sporting demands. Expected I can independently adapt my strength training programme based on my progress and justify the training methods selected.	Strength training using free weights and resistance machines.
5	Emerging I can perform free weight exercises safely while maintaining correct posture and control. Achieving I can demonstrate effective lifting techniques, support others safely and identify common technical errors Expected I can evaluate lifting technique, provide constructive feedback and make appropriate adjustments to improve performance and reduce injury risk.	Free weights, partner coaching and technique analysis.
6	Emerging I can identify exercises that develop different components of fitness and organise them into a simple training session. Achieving I can plan and deliver a training session that meets a specific fitness goal using appropriate training principles. Expected I can evaluate the effectiveness of my training session and adapt activities to meet the needs of different performers.	Designing and leading a fitness session.

Topic: Tag Invasion Games

Spring Term 2 Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
	Emerging: I can change my running direction at a steady pace to try and dodge oncoming defenders. Achieving: I can accelerate and drop my body level to execute a rapid side-step, protecting my tags from being grabbed while moving. Excelling: I can feint or disguise my movement to unbalance a defender, reading their body position to explode into open spaces on the pitch.	Ball carrying Gauntlet
2 - Passing	Emerging: I can throw a pass towards a teammate from a stationary position with basic directional control. Achieving: I can execute an accurate pass over a short-to-medium distance while moving forward, placing the ball ahead of my teammate so they can run onto it. Excelling: I can select and pull off advanced passes under intense physical pressure, including delayed, deceptive, or long-range distribution to exploit gaps.	Passing drills and relays
3 – Catching	Emerging: I can catch a cleanly thrown pass using my hands and chest while standing still. Achieving: I can catch a pass securely with extended hands while moving at pace, maintaining full control of my forward momentum. Excelling: I can adjust my body position mid-run to claim high, low, or poorly thrown passes under direct physical pressure from an opponent.	Catching drills/ end ball
4 – Defending	Emerging: I can track an opponent's movements and try to pull off their tag when they get close to me. Achieving: I can adopt a low, balanced stance to close down an attacker's space, safely removing their tag using two hands. Excelling: I can mirror an attacker's movements, steering them toward the touchline or a teammate to trap them and force a turnover.	1v1 Drills
5 – Offensive tactics	Emerging: I can look for empty spaces on the pitch and move into them to offer a passing option for my teammate. Achieving: I can support the ball carrier by creating width or depth, communicating clearly to draw out defenders and open up gaps. Excelling: I can orchestrate attacking plays, manipulating the defensive line with tactical support runs, dummy passes, or quick switches in direction.	Condition ed Games
6 – Defensive Tactics	Emerging: I can stand near an opponent or protect a designated zone to make it harder for the other team to score. Achieving: I can coordinate with my teammates to form a balanced defensive line, stepping up together to limit the attacking team's space. Excelling: I can organize and adapt our team's defensive shape on the fly, calling out switches, covering gaps, and reading passing lanes to intercept.	Condition ed Games

Topic: Striking and Fielding

Summer Term 1 Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1	Emerging I can perform a range of throws with consistency, power and accuracy under pressure. Achieving I can select and apply the most effective throwing technique to maintain possession or prevent runs in competitive games. Excelling I can consistently adapt my throwing decisions based on the game situation, demonstrating speed, accuracy and tactical awareness to influence play.	Throwing and catching relays with decision-making challenges
2	Emerging I can demonstrate controlled batting using a variety of attacking shots against different deliveries. Achieving I can select appropriate batting techniques to manipulate field placement and create scoring opportunities during gameplay. Excelling I can consistently adapt my shot selection based on field positions, score and match situation to maximise team success.	Batting drills, batting into free area to enable more success in the game.
3	Emerging I can demonstrate accurate catching, fielding and returning under match conditions. Achieving I can apply effective fielding strategies, communicating with teammates to restrict scoring opportunities Excelling I can anticipate opposition intentions, organise teammates and make rapid tactical decisions to regain possession or create dismissals.	Fielding drills for catching and throwing to bases, to stump out the opponents in a game.
4	Emerging I can apply attacking principles to support batting and baserunning during conditioned games. Achieving I can select and adapt attacking tactics to exploit space, pressure defenders and create scoring opportunities Excelling I can evaluate opposition tactics during play and adjust attacking strategies to maintain an advantage throughout the game.	Conditioned Games with a focus on baserunning tactics and purposeful batting direction.
5	Emerging I can demonstrate effective defensive positioning and decision-making during competitive games. Achieving I can organise defensive play by selecting appropriate formations and supporting teammates to minimise scoring opportunities Excelling I can lead defensive organisation, adapting positioning and tactics in response to opposition strengths and changing match situations.	Conditioned Games with a focus on fielding positioning and team tactics.
6	Emerging I can demonstrate resilience, communication and	Tournament

Topic: Invasion Games - Football

Summer Term 2 Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1	Emerging: I can state the correct passing technique. Achieving: Use and perform correct technique for passing Excelling: I can state, demonstrate and self-correct passing technique under pressure.	Small Sided game, conditions of a certain number of passes before scoring.
2	Emerging: I can state the correct shooting/scoring technique. Achieving: Use and perform the correct techniques for shooting/scoring . Excelling: I can state, demonstrate and self-correct shooting/scoring technique in game-like situation.	Small Sided game, conditions net only finish/ corner finish only.
3	Emerging: I can state how to control a ball while moving. Achieving: I can state and demonstrate control of a ball while moving. Excelling: I can state, demonstrate and self-control ball control while changing speed and direction in games.	Small Sided game, conditioning wide players in a zone, beating a player in a wide area before scoring.
4	Emerging: I can state the correct defensive positioning and technique. Achieving: I can state and demonstrate the correct defensive positioning and technique. Excelling: I can state, demonstrate and self-correct defensive positioning and technique with precision.	Small Sided game, conditioned with everyone on the team has to touch the ball before you can score.
5	Emerging: I can state how to maintain possession and create space. Achieving: I can identify and apply offensive tactics of maintaining possession, creating space and advantages. Excelling: I can identify and execute offensive tactics to maintain possession, create space and gain advantages.	Conditioned game looking at team formation in possession and out of possession.
6	Emerging: I can state the importance of teamwork, effort and self-improvement during competitions. Achieving: I can demonstrate teamwork, resilience and positive communication during games. Excelling: I can lead and encourage others while demonstrating high levels of teamwork (Service), resilience (Opportunity & Aspiration), and self-improvement (Reward) during games.	Tournament.

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Striking & Fielding: Technical Skills

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Net/wall: Technical Skills

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Topic: Tag Based Invasion Games

Autumn Term 2 Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1. Evading Tackles	Emerging: I can change my running direction at a steady pace to try and dodge oncoming defenders. Achieving: I can accelerate and drop my body level to execute a rapid side-step, protecting my tags from being grabbed while moving. Excelling: I can feint or disguise my movement to unbalance a defender, reading their body position to explode into open spaces on the pitch.	Ball carrying Gauntlet
2 - Passing	Emerging: I can throw a pass towards a teammate from a stationary position with basic directional control. Achieving: I can execute an accurate pass over a short-to-medium distance while moving forward, placing the ball ahead of my teammate so they can run onto it. Excelling: I can select and pull off advanced passes under intense physical pressure, including delayed, deceptive, or long-range distribution to exploit gaps.	Passing drills and relays
3 – Catching	Emerging: I can catch a cleanly thrown pass using my hands and chest while standing still. Achieving: I can catch a pass securely with extended hands while moving at pace, maintaining full control of my forward momentum. Excelling: I can adjust my body position mid-run to claim high, low, or poorly thrown passes under direct physical pressure from an opponent.	Catching drills/ end ball
4 – Defending	Emerging: I can track an opponent's movements and try to pull off their tag when they get close to me. Achieving: I can adopt a low, balanced stance to close down an attacker's space, safely removing their tag using two hands. Excelling: I can mirror an attacker's movements, steering them toward the touchline or a teammate to trap them and force a turnover.	1v1 Drills
5 – Offensive tactics	Emerging: I can look for empty spaces on the pitch and move into them to offer a passing option for my teammate. Achieving: I can support the ball carrier by creating width or depth, communicating clearly to draw out defenders and open up gaps. Excelling: I can orchestrate attacking plays, manipulating the defensive line with tactical support runs, dummy passes, or quick switches in direction.	Conditioned Games
6 – Defensive Tactics	Emerging: I can stand near an opponent or protect a designated zone to make it harder for the other team to score. Achieving: I can coordinate with my teammates to form a balanced defensive line, stepping up together to limit the attacking team's space. Excelling: I can organize and adapt our team's defensive shape on the fly, calling out switches, covering gaps, and reading passing lanes to intercept.	Conditioned Games

Topic: Fitness

Spring Term 1 Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1	Emerging I can perform a range of fitness exercises independently whilst maintaining correct technique and intensity. Achieving I can independently select and adapt circuit training activities to improve performance in my chosen sport. Excelling I can evaluate my circuit training programme, making informed changes to maximise performance and meet my fitness goals.	Advanced circuit training with self-monitoring and evaluation.
2	Emerging I can apply muscular endurance training methods confidently using appropriate resistance and technique. Achieving I can independently modify training variables to meet specific sporting demands and personal fitness goals. Excelling I can evaluate the effectiveness of my muscular endurance programme using performance data and adapt it to achieve continuous improvement.	Progressive muscular endurance programme.
3	Emerging I can sustain cardiovascular training independently while maintaining appropriate intensity throughout the session. Achieving I can select the most appropriate aerobic training methods based on my performance needs and training objectives. Excelling I can evaluate my cardiovascular training using performance data and adapt my programme to improve sporting performance efficiently.	Personalised aerobic endurance programme with performance monitoring.
4	Emerging I can perform advanced strength training safely using a variety of equipment and training methods. Achieving I can independently plan and adapt strength training programmes to improve performance in different sporting contexts. Excelling I can justify my training choices using training principles and evaluate how effectively my programme develops strength and sporting performance.	Advanced strength training and programme design.
5	Emerging I can perform complex free weight exercises safely while demonstrating excellent control and technique Achieving I can analyse movement patterns, provide effective coaching feedback and safely support others during resistance training. Excelling I can evaluate technical performance, identify areas for improvement and implement coaching strategies that enhance performance and minimise injury risk.	Peer coaching, movement analysis and advanced resistance training.
6	Emerging I can plan and deliver an effective training session that meets a specific fitness objective. Achieving I can independently adapt my training session in response to performer needs and ongoing evaluation. Excelling I can critically evaluate the effectiveness of my training programme, justifying improvements using the principles of training and knowledge of fitness components to maximise performance.	Independent programme design, delivery and evaluation

Topic: Striking and Fielding

Spring Term 2 Golden Nuggets and Work Hard

Lesson Title	Golden Nugget	Work Hard
1	Emerging I can perform a range of throws accurately and consistently whilst recognising when different techniques are most effective Achieving I can independently select and adapt throwing techniques to outwit opponents and create tactical advantages during competitive play. Excelling I can evaluate the effectiveness of my throwing decisions, adapting tactics throughout the game to exploit opposition weaknesses and influence performance	Competitive throwing, catching and transition scenarios.
2	Emerging I can apply a range of batting shots confidently against varied deliveries in competitive situations. Achieving I can independently select batting techniques and shot placement to manipulate field settings and create scoring opportunities Excelling I can consistently evaluate field placements, anticipate opposition tactics and adapt my shot selection to outwit opponents and maximise team performance.	Match-based batting scenarios and tactical challenges.
3	Emerging I can demonstrate effective fielding skills whilst communicating with teammates to limit scoring opportunities Achieving I can organise defensive play by anticipating attacking intentions and adapting my positioning throughout the game. Excelling I can evaluate both team and opposition performance, making tactical adjustments that consistently disrupt attacking play and create opportunities for dismissals	Tactical fielding scenarios and full-game situations.
4	Emerging I can apply attacking principles confidently within competitive game situations Achieving I can independently adapt attacking tactics, timing and movement to create and exploit space against different opponents. Excelling I can evaluate the success of my attacking strategies during play, making effective tactical changes to consistently outwit defenders and influence the outcome of the game.	Full-sided conditioned games with tactical constraints.
5	Emerging I can demonstrate effective defensive organisation and communicate tactical changes during gameplay. I can demonstrate effective defensive organisation and communicate tactical changes during gameplay. Achieving I can independently adjust defensive formations and strategies in response to opposition	Full-sided games with tactical review and reflection.