

## PE Department Curriculum Guide

### Year 10

#### Curriculum-Teamwork

Half-Term	Sports covered
<b>Autumn 1</b>	Girls: Volleyball and Football Boys: Football and Volleyball
<b>Autumn 2</b>	Girls: Netball and Rugby Boys: Rugby and Archery
<b>Spring 1</b>	Girls: Health and Fitness and Archery Boys: Basketball and Health and Fitness
<b>Spring 2</b>	Girls: Handball and Table tennis Boys: Table tennis and Handball
<b>Summer 1</b>	Girls: Athletics and Rounders Boys: Cricket and Athletics
<b>Summer 2</b>	Girls: Athletics and Cricket Boys: Rounders and Athletics

At Key Stage 4 pupils have 2 lessons across a fortnight. From year 8 upwards, pupils are taught in single sex groups.

#### Assessment & Homework

In Key Stage 4 Core PE we only assess pupils using the 'St Benedict's Effort Levels'.

We encourage pupils to watch the sport that they are currently covering in lessons, either on TV or Youtube clips online. This helps to build their knowledge and understanding of the sport which can then be transferred into lessons.

#### Extra and Super Curricular Opportunities

Throughout the year there are a variety of extra-curricular activities available through the Physical Education department. These clubs are held at lunchtime and after school and the school is fully involved in many competitions against other schools. Please refer to the Extra-curricular timetable that is sent out each term throughout the year.