

The Orchard Centre PRU  
 OVERVIEW – Scheme of Work 2016 – 2017

Subject: Physical Education – KS4



Autumn Term		Spring Term		Summer	
<p><b>Fitness</b>            Introduction to using a fitness room. Develop the principles of overload and progression.</p>	<p><b>Netball</b>            Re-cap of previous learning, umpiring. Game play – rules, umpiring, tactics.</p>	<p><b>OAA</b>            Map reading, orientation, team work, problem solving.</p>	<p><b>Basketball</b>            Passing, receiving, dribbling, shooting, marking, 1v1, 2v2, small sided games.</p>	<p><b>Athletics</b>            Track and field events. (Track, shot putt, javelin, discus).</p>	<p><b>Rounders</b>            Development of batting, bowling and fielding and more advanced game play and tactics.</p>
<p><b>Table Tennis</b>            Back spin, top spin, singles, doubles.</p>	<p><b>Soccer</b>            Develop more advanced skills relating to control, passing, receiving and beating an opponent(s).</p>	<p><b>Tennis</b>            Serving, forehand, backhand, basic strokes, Singles, Doubles.</p>	<p><b>Team Competition</b>            Mixed ability teams competing in a variety of activities.</p>	<p><b>Cricket</b>            Grip, stance, batting, bowling, fielding, basic game play and tactics.</p>	<p><b>Netball</b>            Game play – rules, umpiring, tactics.</p>

**Assessment:**

Performance level each half term for each activity based on the five PE key processes of Developing skills, Making and Applying decision, Developing Mental and Physical capacity, Evaluation and improving and making informed choices about healthy lifestyles.