

OVERVIEW

In KS4 core PE lessons students are given the flexibility to choose which pathway they would like to study at each half term interval. Students must ensure that they have chosen at least 1 activity from Fitness/Games or Aesthetic Fitness/Performance throughout the academic year. The content covered forms a framework which is designed to progressively improve students' knowledge, skills and understanding, whilst ensuring students are physically active for sustained periods of time.

Autumn

Half term	Fitness	Games	Aesthetic / Fitness	Performance
1	Boxercise (A)	Basketball (SH)	Exercise to Music (ETM) (FS)	Football (Sport Ed) (M)
2	Endurance training /Table Tennis (M)	Football (A)	Trampoline (SH)	Fitness (FS)

**Assessment:**

- Performing the skills for each activity.
- Knowledge of the rules of the activity.

Spring

Half term	Fitness	Games	Aesthetic / Fitness	Performance
1	HIIT training (M)	Football (Sport Ed) (A)	Dance - contemporary/lyrical (FS)	Netball (M)
2	Circuit training (A) or Y11 choice	Handball (SH) or Y11 choice	Dance - contemporary/lyrical or Y11 choice	Netball Sport Ed (M) or Y11 choice

**Assessment:**

- Performing the skills for each activity.
- Knowledge of the rules of the activity.

Summer

Half term	Fitness	Games	Aesthetic / Fitness	Performance
1	Resistance training (FS)	Athletics (A)	Fitness (FS)	Athletics (A)
2	Fitness testing (FS/M)	Rounders (A)	Yoga and Pilates (G)	Rounders (A)

**Assessment:**

- Performing the skills for each activity.
- Knowledge of the rules of the activity.

**Useful resources for supporting your child at home:**

- Black polo shirt with academy logo, either Albion Academy badged performance training and team wear (quick dry) shorts or Albion Academy badged performance training and team wear (quick dry) leggings. Black or white tennis/ankle style sports socks and trainers suitable for use on the sand-based AstroTurf.
- Please see the Albion Academy website for optional items for use in the Autumn and Spring terms.

**Homework:**

- Attend a sports Aspire club