

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	Basketball	Exercise to Music (ETM)	Football (Sport Ed)
2	Endurance training	Football	Trampoline (Sports Hall) (Barriers)	Table Tennis (Barriers)

Assessment:

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

Spring

Half term	Fitness	Games	Aesthetic / Fitness	Performance
3	HIIT training	Football (Sport Ed)	Trampoline	Netball
4	Circuit training (4G) or Y11 choice	Handball (Sports Hall) or Y11 Invasion game choice	Dance - contemporary/lyrical or Y11 Aesthetic / Fitness choice	Netball Sport Ed or Y11 invasion game choice

Assessment:

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

Summer

Half term	Fitness	Games	Aesthetic / Fitness	Performance
5	Resistance training	Athletics	Fitness	Athletics
6	Fitness testing	Rounders	Basketball	Rounders

Assessment:

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

Useful resources for supporting your child at home:

- We have a school PE kit and students are expected to bring this with them for their PE Lessons and other sporting events. This can be found here; [School Uniform & Equipment | Parents | The Albion Academy](#)

Homework:

- Attend an extra-curricular PE or school sports club.