

Core Physical Education

Hours Per Week: 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Handball, team game outwitting an opponent.	Fitness, developing technique and improving performance. Fitness testing	Badminton, individual game activity outwitting and opponent.	Basketball, team game outwitting an opponent	Cricket, team game striking and fielding, outwitting an opponent	Athletics, developing technique and improving performance
Year 11	OAA, developing problem solving and team building skills.	Fitness, developing technique and improving performance. Training methods	Badminton, individual game activity outwitting and opponent.	Basketball, team game, outwitting an opponent.	Cricket, team game striking and fielding, outwitting an opponent	Athletics, developing technique and improving performance