

George Stephenson High School Secondary Scheme of Work: Key Stage 3 & 4 Core Physical Education

Unit	Key Progression Indicators Knowledge, Understanding and Skills
Fitness - Athletics, Cross Country, Fitness	<ul style="list-style-type: none"> - Social - Identifying opportunities to develop students' ability to work with others, perform to the best of their ability and - Physical – Students given opportunities to develop their skill appreciation for a range of activities. - Observational – Students develop their ability to analyse and evaluate performance, giving effective corrective feedback. - Resilience – Students develop their ability to persevere and deal with challenging situations. - Thoughtful – Students develop their knowledge to think of solutions to problems they face when performing.
Team Games - Netball, Football, Rugby, Basketball, Tchoukball, Kinball, Futsal, Dodgeball, Volleyball, Benchball, Handball	
Aesthetics – Gymnastics, Dance, Trampolining	
Striking and Fielding – Cricket, Rounders, Softball, Longball,	
Net Games – Badminton, Tennis, Table Tennis	

PE Calendar

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
BOYS	Team Games/Fitness				Team Games/Fitness				Net Games/Team Games/Fitness			Fitness/Team Games/Net Games	
GIRLS	Team Games				Team Games				Fitness/Aesthetics			Fitness/Aesthetics	

	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
BOYS			Net Games/Aesthetics/ Team Games			Net Games/Aesthetics/ Team Games			Net Games/Team Games		
GIRLS			Aesthetics			Aesthetics			Net Games/Fitness		

	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35
BOYS	Net Games/Team Games			Fitness (Athletics) & Striking and Fielding					Fitness (Athletics) & Net Games (Tennis)		
GIRLS	Net Games Fitness			Fitness (Athletics) & Net Games (Tennis)					Fitness (Athletics) & Striking and Fielding		

	Week 35	Week 36	Week 37	Week 38	Week 39
BOYS	Fitness (Athletics) & Net Games (Tennis)				
GIRLS	Fitness (Athletics) & Striking and Fielding				