PE KS4 Learning Journey

Year 10 — Understanding and Applying Skills in PE. — Year 11

Athletics
Catching
Bowling-pace/spin
Fielding
Running action
Grip for throws
Pacing
Jumping technique
When to pass/dribble/step

Striking and Fielding
Cut shot
Batting

Dodgeball
Receiving
Dodging
Catching

Handball
Shooting
Blocking
Dribbling
Passing

Rugby
Scrum
Understanding rules
Kicking
Tackling
Receiving
Passing

Volleyball
Set
Serve
Dig
Spike

Netball
Centre pass
Creating and finding space
Intercepting
Shooting

Table tennis
Backhand topspin/slice
Forehand topspin/slice
Serve and serve variation
Game play

Football
Set Plays
Passing
Shooting
Tackling
Heading

YEAR 11

Volleyball
Serve
Set
Dig
Spike

Striking and Fielding
Bowling
Overarm
Drive shot
Catching
Jumping technique
Fielding

Athletics
Grip for throws
Running action
Pacing
Blocking

Handball
Shooting
When to pass/dribble/step
Dribbling
Passing

Rugby
Tackling
Understanding rules
Kicking

Dodgeball
Throwing
Receiving
Catching
Passing
Dodging

Outdoor Adventurous Activities
Pacing
Problem Solving
Fitness
Effort

Netball
Shooting
Dodging
Intercepting
Marking
Footwork
Passing

Table tennis
Backhand topspin
Serve
Forehand topspin
Backhand push

Football
Tackling
Shooting
Dribbling
Passing

YEAR 10