

Longsands PE Department Curriculum, KS4, 2018-19

Year 10

X Population: Thursday Period 5 Y population: Monday Period 5

Pathway	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
'Performance' Top Boys	Rugby	Football	Volleyball	Handball	Athletics	Cricket
'Alternative' Middle Boys	Handball	Fitness	Football	Hockey	Cricket	Athletics
'Participation' Lower Boys	Football	Volleyball	Fitness	Badminton	Athletics	Softball
'Performance' Top Girls	Netball	Hockey	Football	Basketball	Athletics	Rounders
'Alternative' Middle Girls	Badminton	Netball	Trampolining	Fitness	Rounders	Athletics
'Participation' Lower Girls	Fitness	Trampolining	Badminton y Netball x	Netball y Tramp x	Rounders	Alternative Games

Year 11

Pathway	X	Y	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2
'Performance' Top Boys	Mon 1	Mon 3	Rugby	Volleyball	Hockey	Handball
	Tues 2	Thurs 4	Basketball	Fitness	Football	Futsal
'Alternative' Middle Boys	Mon 1	Mon 3	Badminton	Football	Volleyball	Handball
	Tues 2	Thurs 4	Rugby	Fitness	Hockey	Golf
'Participation' Lower Boys	Mon 1	Mon 3	Volleyball	Table Tennis	Fitness	Golf
	Tues 2	Thurs 4	Football	Trampolining	Basketball/handball	Badminton
'Performance' Top Girls	Mon 1	Mon 3	Netball	Football	Trampolining	Rounders
	Tues 2	Thurs 4	Hockey	Basketball/handball (y)	Badminton	Fitness
'Alternative' Middle Girls	Mon 1	Mon 3	Fitness	Trampolining	Alternative Games	Body tone
	Tues 2	Thurs 4	Netball	Badminton	Exercise to music	Rounders
'Participation' Lower Girls	Mon 1	Mon 3	Netball	Fitness	Badminton	Alt Games
	Tues 2	Thurs 4	Fitness	Basketball	Trampolining	Rounders

**Summer Term 1 for
Year 11 Students**

GCSE students will take part in practical revision sessions and all other students will choose practical summer options.