** PE & DofE Long Term Planning 2024-25**

**Key Stage 4**

**Autumn 1 Autumn 2 Spring 1**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Year** | **Invasion games** |  | **Year** | **Invasion games** |  | **Year** | **Health related fitness** |
| **10** | **Team sports**   * **A range of team games (E.g. Basketball, handball, football)** * **Opportunities to lead small group skills practices** |  | **10** | **Individual sports**   * **A range of Individual sports (E.g. Tennis, Badminton, Athletics)** * **Opportunities to lead small group skills practices** |  | **10** | **(fitness tests)**   * **Experience different forms of exercise (circuits, HITT, outdoor fitness, boxer fit)** |
| **11** | **Team sports**   * **A range of team games (E.g. Basketball, handball, football)** * **Opportunities to lead small group skills practices** |  | **11** | **Individual sports**   * **A range of Individual sports (E.g. Tennis, Badminton, Athletics)** * **Opportunities to lead small group skills practices** |  | **11** | **(fitness tests)**   * **Experience different forms of exercise (circuits, HITT, outdoor fitness, boxer fit)** |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Year** | **Gymnastics** |  | **Year** | **Striking and Fielding** |  | **Year** | **Athletics / officiating** |
| **10** | **Trampolining** |  | **10** | **Rounders**  **Tennis**  **Cricket** |  | **10** | **Athletics**  **Sports Leadership** |
| **11** | **Trampolining** |  | **11** | **Rounders**  **Tennis**  **Cricket** |  | **11** | **Athletics**  **Sports Leadership** |

**Spring 2 Summer 1 Summer 2**