



# Blue Coat Church of England Academy

**Year: 10**

**Subject: Physical Education**

## Overview

In Year 10 and 11, PE staff offer pupils a choice of activity. When pupils make their selections, PE staff then construct a suitable combination of activities to suit the need of our pupils. Pupils may opt to participate in an invasion games orientated route. Others may opt for participating in a fitness or net/wall game type route.

We currently offer a wide choice of activities in Years 10 and 11. These include:

- Fitness
- Football
- Cricket
- Athletics
- Rounders
- Badminton
- Tennis
- Circuits
- Netball
- Volleyball
- Basketball

In these activities, we focus on gameplay, as opposed to Key Stage 3 PE lessons which focus primarily on the development of skill.

Lessons in Key Stage 4 take a 'Games for Understanding' approach where pupils participate in competitive play of whichever activity it may be. Pupils are then taken out of the activity to work on a skill, before restarting the activity, focusing on that particular skill.

In Key Stage 4, pupils are also encouraged to develop their leadership skills and also their use of tactics in order to outwit and outscore their opponents.