



South Wilts Grammar School Physical Education

KS4 – Fit 4 Life



Cricket

Your lessons will look at applying tactics and rules in cricket whilst further embedding skills such as batting, bowling, fielding, catching, long barrier and under/overarm throwing. You will experience pairs games and diamond cricket matches.



Tennis

Your lessons will look at further embedding skills in the forehand and backhand groundstrokes, volley and approach shots, and the serve. Your understanding of the fitness requirements in tennis, such as power, will develop. You will develop understanding of tactics in singles and doubles play and will improve as an official.



Rounders

Your lessons will look at applying tactics and rules in rounders to exploit areas in the defence to give batters the advantage and how you can use your speed and power effectively.



Athletics

Your lessons will look at developing advanced techniques, such as the rotation in discus, and various components of fitness to perform across your specialist events and will include having a more in depth understanding of measuring and officiating.



Dance

Your lessons will enable you to choreograph a routine as a solo performer or as part of a group that focuses on the contemporary dance genre. Performing in front of others will boost your confidence and self esteem.



Outdoor Games

Your lessons will involve competing in teams in new games such as Quidditch, Ultimate Frisbee and Korfball where you will learn the rules and tactics of these games as well as leading warmups and show other leadership qualities. You will revisit games such as Tchoukball and Handball from Year 9 where you will develop your tactical understanding and improve your team game fitness such as speed and agility.



Enjoy

Knowledge and Understanding

Confident

Opportunities



Badminton

Your lessons will improve your hand eye coordination through learning skills such as forehand and backhand serves, overhead clears, net shots and lifts. You will learn the rules for singles and doubles and be able to score competitive games.



Football

You will continue to develop core skills in passing and receiving, dribbling, tackling, shooting, volleying, attacking and defending as well as learning some advanced skills in these areas. You will also be developing your tactics, positional play and set pieces. You will be able to improve your fitness through small sided and full side games.



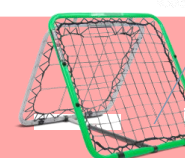
Netball

You will be embedding skills, tactics and rules around passing and receiving, movement and mobility, attacking, defending, shooting and positioning. You can improve your understanding of roles and responsibilities within a team by being an umpire, coach and team captain.



Fitness

You will continue your understanding of how to improve different types of fitness components through yoga, Fitball, Xfit, running and This Student Can programmes. This will enable you to use different training methods that you have experienced in KS3 and maintain your physical fitness outside of curriculum lessons too.



Sports Leaders L1

You will learn essential life skills, including communication, leadership, teamwork, organisation and confidence through sport. This is a nationally recognised qualification.



Your Physical Education Journey starts here ...