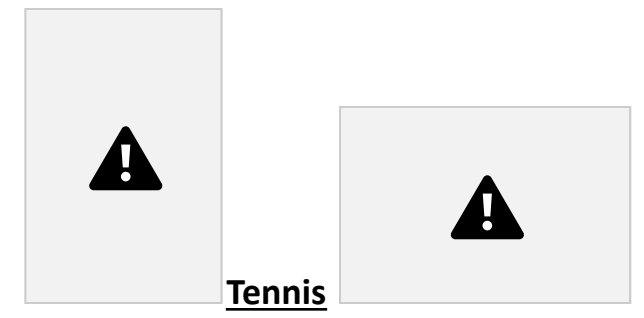
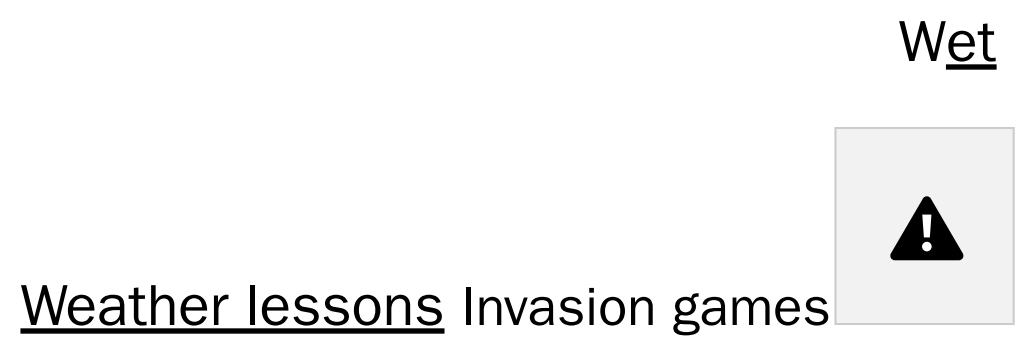
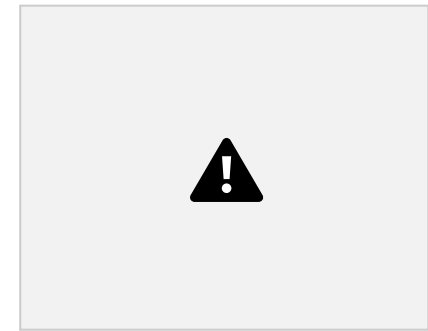


KS4 – Creating healthy and active futures



Rounders Your lessons will involve a detailed understanding of the rules, how to use an over and underarm throw and also the technique of hitting the ball.

Quorn Hall School Physical Education



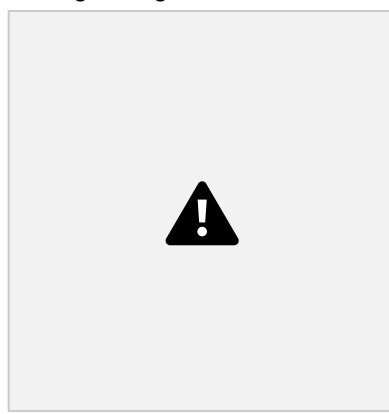
Importance of PE

Creating A Better You

Knowledge of the game **Develop character** **Healthy minds**

Handball

You will be developing your understanding of the game. Your



lessons will be focused around, passing, dribbling and



Summer



various forehand & backhand strokes, serving and the basic rules of the game.

Your lessons will look at developing

Term



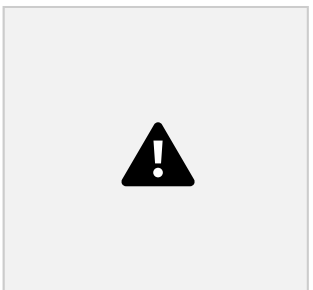
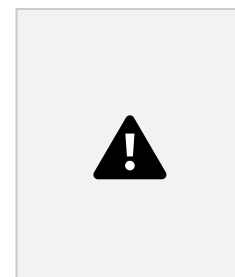
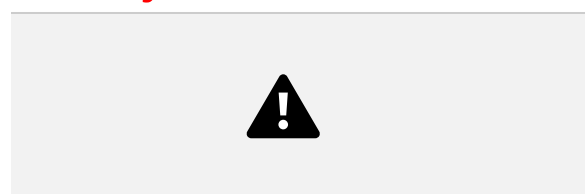
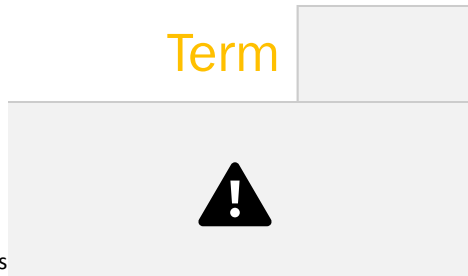
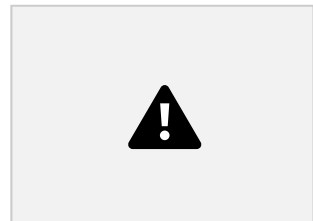
Athletics



Hockey

Your lessons will include developing your control over the ball, open and reverse stick and also different types of passing.

shooting.



developing these in a game situation, some of the skills they will work on include: a set, dig and pike.

Volleyball

Students will be looking at the set skills and be

Football

Your lessons will be tailored towards developing passing, shooting

skills into trampolining skills. You will learn front and back landings, twists, and somersault rotations.

Term Autumn

Your lessons will be focused around your control over the ball and the stick looking at skills such as carrying,

attacking/defensive aspects of the game.
Trampolining
You will build on previous learning in KS2 gymnastics and learn transferable

Dodgeball

Students will be working on the rules and some set skills

cradling and scooping.

Spring

Your lessons will be covering the three disciplines of athletics: You will develop

Respectful

looking at accuracy and precision.

Responsible

Your Physical Education Journey starts here ...

Basketball

You will be developing the basic core skills needed to compete in a game of Basketball, such as passing, dribbling,

attacking, defending and shooting

Rugby

You will develop an understanding of the game, whilst developing

core skills such as passing, tackling, rucking and special awareness.

Netball Football

Ready to Achieve

Extra-Curricular & Fixtures Each Year

Below Are The Fixtures we compete In Across The Year

- Athletics
- Cricket
- Badminton
- Dance