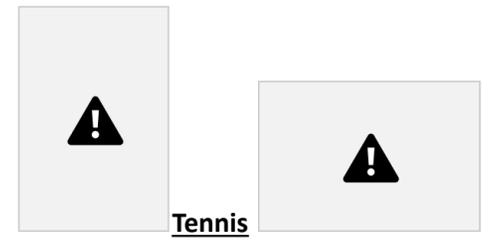
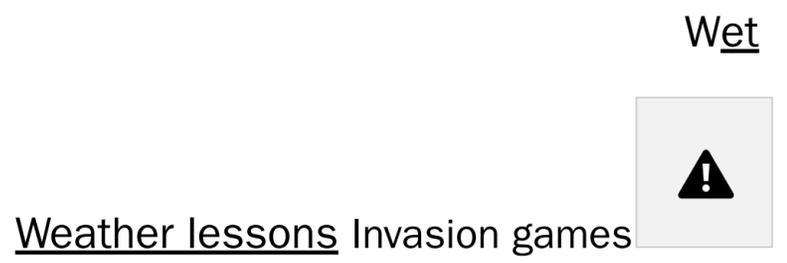


# KS4 – Creating healthy and active futures



**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



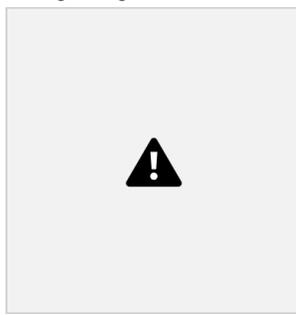
## Importance of PE

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



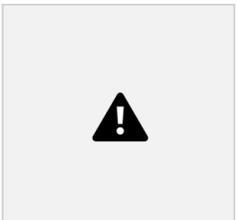
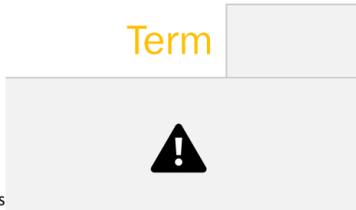
### Athletics



### 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