

Key Stage 4 YEAR 10 AND 11 CORE PHYSICAL EDUCATION

Learning Leader Contact Information	Phone: 01604 862125 or 01908 563468	Email: tracey.cotter@ewsacademy.org.uk
Examination Board	N/A	Specification Code N/A

Subject Content

YEAR 10 NORTH AND SOUTH CAMPUS PROGRAMME

UNIT	DATES W/B	LESSONS	Group 1	Group 2	Group 3 SLUK
1 Invasion	Sept 10 th – Sept 28th	6 Lessons	FOOTBALL	RUGBY	HOCKEY
2 Invasion	Oct 1 st – Oct 12th	5 Lessons	HOCKEY	FOOTBALL	THEORY – 3 Lessons VOLLEYBALL – 3 Lessons
3 X Country	Last lesson of the term w/b Oct 15th	1 Lesson	INTERGROUP/ FORM COMPETITION IN GROUPS		
HALF TERM					
4 Invasion	Oct 29 th – Nov 16 th 1 st lesson of the week	5 Lessons	NETBALL	VOLLEYBALL	FITNESS
5 Fitness	Nov 19 th second lesson of the week - Nov 30 th	5 Lessons	FITNESS	HOCKEY	SHA
6	Dec 3 rd – 21 st Dec 1 st lesson of the week	5 Lessons	VOLLEYBALL/ BENCHBALL	FITNESS	THEORY UNIT SHA PLANNING EVENT
7	17 th Dec – 2 nd lesson of the week	1 Lesson	Inter group/ Form competitions lesson		
CHRISTMAS BREAK					
8 Indoor	Jan 7 th – Jan 25th	6 Lessons	PERSONAL SURVIVAL POOL	BADMINTON	DODGEBALL
9 Indoor	Jan 28 th – Feb 15th	6 Lessons	DODGEBALL	BASKETBALL	PERSONAL SURVIVAL POOL
HALF TERM					
10 Indoor	Feb 25 th – March 15th	6 Lessons	BADMINTON	PERSONAL SURVIVAL POOL	THEORY UNIT

11 Indoor	March 18 th – April 5 th	6 Lessons	BASKETBALL (LOBB Gym)	DODGEBALL	BADMINTON
EASTER BREAK					
12 Athletics	April 23 rd – May 24 th	10 Lessons	ATHLETICS	ATHLETICS	ATHLETICS
ATHLETICS UNIT: MINI PROGRAMME OF JUMPS/ THROWS & TRACK (Approximately 4 Lessons on track; 3 Lesson on throws; 3 lessons on Jumps)					
	ROTATION L1 L2 L3 L4 L5 L6 L7 L8 L9 L10		Track 1 – Sprints 1 Jump 1 - LJ Throw 1 - Jav Track 2 – Sprints 2 Jump 2 - HJ Throw 2 - Shot Track 3 - Distance Jump 3 – TJ/LJ/HJ Throw 3 - Discus Track 4 - Relay	Jump 1 - LJ Throw 1 - Jav Track 1 – Sprint 1 Jump 2 - HJ Throw 2 - Shot Track 2 – Sprints 2 Jump 3 – TJ/LJ/HJ Throw 3 - Discus Track 3 - Distance Track 4 - Relay	Throw 1 – Jav/ shot Track 1 – Sprints Jump 1 - LJ Throw 2 - Shot Track 2 – Distance Jump 2 - HJ L7 – L10 Theory
HALF TERM					
14 Outdoor	June 3 rd – June 14 th	4 lessons	ROUNDERS	TENNIS	KWIK CRICKET Prep for Primary festival
15 Outdoor	June 17 th – June 28 th	4 Lessons	CRICKET	SOFTBALL/ ROUNDERS	TENNIS Including L1 award
16	July 1 st – July 12 th	4 Lesson	TENNIS	CRICKET	ROUNDERS
14 Summer Outdoors	July 15 th – July 19 th	2 Lessons to include competition lessons	COMPETITION LESSONS		
SUMMER BREAK					
YEAR 11 NORTH AND SOUTH PROGRAMME					
UNIT	DATES W/B	LESSONS	Group 1	Group 2	
1	Sept 10 th – Sept 28 th 1 st lesson of week	5 Lessons	ROUNDERS	FOOTBALL	
2	Sept 24 th 2 nd lesson of week – Oct 12 th	5 Lessons	NETBALL	BASKETBALL	
3	Oct 15 th – Oct 19 th	2 Lesson	COMPETITION LESSON		
HALF TERM					
4	Oct 29 th – Nov 16 th	6 Lessons	BADMINTON	FITNESS	
5	Nov 19 th – Dec 7 th	6 Lessons	FITNESS	BADMINTON	
6	Dec 10 th – Dec 20 th	4 Lessons	COMPETITION LESSONS		

CHRISTMAS BREAK				
8	Jan 7 th – Jan 25 th 1 st lesson of week	5 Lessons	TABLE TENNIS	RUGBY/ HOCKEY
9	Jan 21 st 2 nd lesson of week – Feb 8 th	5 Lessons	FOOTBALL/ HOCKEY – 2 Lessons DANCE/ ZUMBA – 3 Lessons	DODGEBALL
	Feb 11 th – Feb 15 th	2 Lessons	COMPETITION LESSONS	
HALF TERM				
10	Feb 25 th – Mar 15 th 1 st lesson of week	5 Lessons	DODGEBALL	TABLE TENNIS
11	Mar 11 th 2 nd lesson of week – Mar 29 th	5 Lessons	BENCHBALL/ DODGEBALL	VOLLEYBALL
12	Apr 1 st – Apr 5 th	2 Lessons	COMPETITION LESSONS	
EASTER BREAK				
12	Apr 23 rd – May 10 th 1 st lesson of week	5 Lessons	TENNIS – 2 Lessons CRICKET – 3 Lessons	LONGBALL – 2 Lessons CRICKET – 3 Lessons
13	May 6 th 2 nd lesson of week – May 24 th	5 Lessons	ROUNDERS	TENNIS – 2 Lessons ROUNDERS – 3 Lessons

Additional Equipment Required:

PE Kit – Black shorts, white polo t-shirt, trainers.

Please note if students are ill/ injured they must provide a note from home & still bring kit.

Assessment Details

As above

What can I do to support my child at home?

Ensure they are prepared for each lesson.

Encourage a healthy, active lifestyle.

Teaching Staff Contact Details

Name	Role	Email	Tel
Ms Tracey Cotter	Learning Leader for PE	Tracey.cotter@ewsacademy.org.uk	01604 862125
Mr Stuart Higgins	Learning Leader South	Stuart.higgins@ewsacademy.org.uk	01908 563468
Mrs Cassie Tuplin	Teacher of PE South	Cassandra.tuplin@ewsacademy.org.uk	01908 563468
Mr Matthew Earl	Teacher of PE North	Matthew.earl@ewsacademy.org.uk	01604 862125
Mrs Ella Lloyd-Jones	Assistant Headteacher	Ella.lloyd-jones@ewsacademy.org.uk	01908 563468
Ms Abby Simpson	Teacher of PE SSCo	Abby.Simpson@ewsacademy.org.uk	01604 862125
Mr Phil Couzens	Progress Learning Leader KS3 South	Philip.couzens@ewsacademy.org.uk	01908 563468
Ms Emma Sullivan	Teacher of PE North	Emma.Sullivan@ewsacademy.org.uk	01604 862125

Additional Information:

Extra Curricular clubs run after school to further enhance knowledge, understanding and skills on both North and South Campus – see the school website and PE notice boards for details.

EWS North Campus is home to Night Hawks Badminton club (Alex Dunn) on Wednesday after school and evenings.

There are a variety of opportunities for swimming lessons, hiring sports areas and joining clubs through The Willison Centre – North Campus