

St Thomas More RC College Curriculum Topic Overview commencing September 2020

Subject: Physical Education – KS4 CORE PE

Week	Autumn
1	Fitness testing
2	2 week rotation of badminton/strike+field/table-tennis
3	2 week rotation of badminton/strike+field/table-tennis
4	2 week rotation of badminton/strike+field/table-tennis
5	2 week rotation of badminton/strike+field/table-tennis
6	2 week rotation of badminton/strike+field/table-tennis
7	2 week rotation of badminton/strike+field/table-tennis
8	Fitness testing
9	X-Country
10	2 week rotation of football or netball/trampolining/volleyball
11	2 week rotation of football or netball/trampolining/volleyball
12	2 week rotation of football or netball/trampolining/volleyball
13	2 week rotation of football or netball/trampolining/volleyball
14	2 week rotation of football or netball/trampolining/volleyball
15	2 week rotation of football or netball/trampolining/volleyball

Week	Spring
16	Personal training programme
17	Personal training programme
18	Personal training programme
19	Personal training programme
20	Personal training programme
21	Personal training programme
22	HRF
23	HRF
24	Games
25	Games
26	Athletics
27	Athletics

Week	Summer
28	cricket/athletics/rounders
29	cricket/athletics/rounders
30	cricket/athletics/rounders
31	cricket/athletics/rounders
32	cricket/athletics/rounders
33	cricket/athletics/rounders
34	cricket/athletics/rounders
35	cricket/athletics/rounders
36	short-tennis/alternative activities/5 aside
37	short-tennis/alternative activities/5 aside
38	short-tennis/alternative activities/5 aside
39	short-tennis/alternative activities/5 aside