



Curriculum Plans – Year 12 - Physical Education

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 12 in Key Stage 5.

Volleyball/ Badminton/ Tennis Floor Hockey Handball Ultimate Frie Adventure Days Swimming	sbee Cricket, Athletics,
Adventure Dave Swimming	shee Chickel, Authenics,
	Sports Days &
Technical/Tactic Technical/Tactic Technical/Tactic Technical/Tactic Technical/Tactic Technical/Tactic Technical/Tactical: al: service, al: passing, ical: passing, al: passing,	actic BISL Olympics
underhand serve, service, drop shot, forehand, receiving, receiving, footwork,	Technical/Tactical:
dig, set, spike and and playing to backhand, dribbling, dribbling, shooting,	passing, receiving,
play to space. space. Students volley, and finishing , and finishing , and positional pl	
Students will will produce playing to space. making decisions making marking, produce balance, balance, agility, Students will under decisions defending, a	feilding. nd Students will
agility, coordination, coordination, produce balance, pressure. under decision	produce speed,
power, and power, and agility, Students will pressure. making.	agility, and
improved reaction improved reaction coordination, produce speed, students will students will ime. power, and agility, power, produce agility, produce agility, produce agility, power, produce agility, produce agilit	
improved and improved speed, agility, balance, and	
Psychological: Psychological: reaction time. power, and improved	Psychological:
positive approach to positive approach improved coordination	
play and to play and Psychological: Psychological: reaction time. concentration. concentration. positive positive Psychological	to play and al: concentration.
Social: working approach to play approach to play Psychological: positive	
independently and Social: working and and positive approach to	
communicating independently, concentration. concentration. approach to and concentration.	and managing on. success and failure.
Students will analyse rules. Social: working Social: concentration.	
their technique and independently teamwork and Social: team	
improve their Students will and managing Social: and managir performance analyse their communicating success and teamwork and individual	ng produce throwing and catching in
performance analyse their communicating success and teamwork and individual making contact technique and rules. team failure. managing success and	e e e e e e e e e e e e e e e e e e e
contact with the improve their success and failure.	combination as
volleyball, using performance Students will Students will team failure.	well as apply
underarm and making contact analyse their participate in Students will participate in overarm techniques with the shuttle, technique and team games Students will participate in	1
 o ooverarm techniques and will use and develop a variety of and overarmwith the shuttle, using underarmtechnique and improve theirteam games using and performanceStudents will participate in team gamesparticipate in team games	
using and	these skills in co-
tactics and strategies techniques. making contact variety of tactics using and developing a to overcome Students will use with the tennis and strategies to developing a variety of tactics and strategies to develop and tactics and strategies to develop and strategies to develop and tactics and	
to overcome opponents in team and develop a with the tennis ball, and using overcome overcome variety of ta and strategies to overcome variety of ta and strateg	
and individual variety of tactics forehandand, opponents. tactics and overcome	
games. Students will and strategies to backhand and strategies to opponents.	Students will
analyse their serving technique. overcome opponents in team volley techniques. The working world: overcome	analyse their performances
Students take part in land individual Students will use discussion on Keep it gree	n, compared to
further outdoor and Students will and develop a innovations in Opportunities discussion of	previous ones and
adventurous analyse their variety of tactics sport. For everyone:	demonstrate
activities in a range serving technique. and strategies to of environments overcome discussing proactive coverts are greater and strategies to overcome discussing productive coverts are greater and strategies to overcome discussing productive coverts are greater and strategies to overcome discussing productive coverts are greater and strategies to overcome discussing productive coverts are greater and strategies to overcome discussing productive coverts are greater and strategies to overcome discussing productive coverts are greater and strategies to overcome discussing productive coverts are greater and strategies to overcome discussion discussing productive coverts are greater and strategies to overcome discussion	achiova thoir
which present Students will swim opponents in behaviours group	personal best with
intellectual and competently and team and that make green.	running, jumping,
physical challengesconfidently using aindividual.people from alland whichrange of strokesStudents willbackgrounds	and throwing through a range of
encourage pupils to over a distance of analyse their feel welcome.	athletics
work in a team, at least 25 metres. serving	competitions
building on trust and Students can technique.	during sports days.
developing skills to perform safe self- solve problems, rescue in different Better together:	Healthy body:
either individually or water-based discussions on	healthy mind:
as a group. situations. identifying	discussions on the
Planning for injustices in the tomorrow: World around us: world of sports.	relationship between nutrition,
discussions of how discussions on	exercise, sleep
sporting facilities Black History and	patterns and
and sporting events the role of sport to	mental health.
are turning towards highlight social and clean energy. political issues.	



British International School of Ljubljana



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Assessments	Volleyball Assessment	Badminton Assessment Swimming Assessment	Tennis Assessment	Floor Hockey Assessment	Handball Assessment	Ultimate Frisbee Assessment	Cricket Assessment Athletics Assessment
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