



# KS4 CORE PE



Y10

PERSONAL BESTS      EVALUATE PERFORMANCES      DEVELOP TECHNIQUE      TACTICS & STRATEGIES FOR OPPONENTS

## BASKETBALL, TABLE TENNIS, NETBALL & GYMNASTICS

DEMONSTRATE IMPROVEMENT      IMPROVE PERFORMANCE      TEAM & INDIVIDUAL SPORTS      HEALTHY & ACTIVE LIFESTYLE

TACTICS & STRATEGIES FOR OPPONENTS      DEVELOP TECHNIQUE      EVALUATE PERFORMANCES      PERSONAL BESTS

## HRE, RUGBY, DANCE, BASKETBALL & FOOTBALL

HEALTHY & ACTIVE LIFESTYLE      TEAM & INDIVIDUAL SPORTS      IMPROVE PERFORMANCE      DEMONSTRATE IMPROVEMENT

PERSONAL BESTS      EVALUATE PERFORMANCES      DEVELOP TECHNIQUE      TACTICS & STRATEGIES FOR OPPONENTS

## ATHLETICS, ROUNDERS, CRICKET & SOFTBALL

DEMONSTRATE IMPROVEMENT      IMPROVE PERFORMANCE      TEAM & INDIVIDUAL SPORTS      HEALTHY & ACTIVE LIFESTYLE

TACTICS & STRATEGIES FOR OPPONENTS      DEVELOP TECHNIQUE      EVALUATE PERFORMANCES      PERSONAL BESTS

## FOOTBALL, RUGBY, NETBALL & TABLE TENNIS

HEALTHY & ACTIVE LIFESTYLE      TEAM & INDIVIDUAL SPORTS      IMPROVE PERFORMANCE      DEMONSTRATE IMPROVEMENT

PERSONAL BESTS      EVALUATE PERFORMANCES      DEVELOP TECHNIQUE      TACTICS & STRATEGIES FOR OPPONENTS

## BASKETBALL, TABLE TENNIS & TENNIS

DEMONSTRATE IMPROVEMENT      IMPROVE PERFORMANCE      TEAM & INDIVIDUAL SPORTS      HEALTHY & ACTIVE LIFESTYLE

TACTICS & STRATEGIES FOR OPPONENTS      DEVELOP TECHNIQUE      EVALUATE PERFORMANCES      PERSONAL BESTS

## TABLE TENNIS & LACROSSE

HEALTHY & ACTIVE LIFESTYLE      TEAM & INDIVIDUAL SPORTS      IMPROVE PERFORMANCE      DEMONSTRATE IMPROVEMENT

Y11