

# Haberdashers' Abraham Darby Physical Education Boys KS4 curriculum

Boys Option 1  
\* Resilience  
\* Teamwork  
\* Leadership  
\* Analysis  
\* Enjoyment

Girls Option 1  
\* Resilience  
\* Teamwork  
\* Leadership  
\* Analysis  
\* Enjoyment

Mixed Option 2  
\* Resilience  
\* Teamwork  
\* Leadership  
\* Analysis  
\* Enjoyment

Circuit Session 2  
Point score circuit training  
• Resilience  
• Independence  
• Competition  
• Self-Motivation

YEAR

**11**

Term 2

Boys Option 1  
\* Resilience  
\* Teamwork  
\* Leadership  
\* Analysis  
\* Enjoyment

Girls Option 1  
\* Resilience  
\* Teamwork  
\* Leadership  
\* Analysis  
\* Enjoyment

Mixed Option 2  
\* Resilience  
\* Teamwork  
\* Leadership  
\* Analysis  
\* Enjoyment

Circuit Session 1  
Point score circuit training  
• Resilience  
• Independence  
• Competition  
• Self-Motivation

YEAR

**11**

Term 1

HRE & Volleyball



YEAR

**10**

Term 3

Athletics & Option Block

Athletics

Option Block  
1 - Softball  
2 - Tennis  
3 - Cricket

Rugby & Badminton

Rugby

Badminton

YEAR

**10**

Term 2

YEAR

**10**

Term 1