

Haberdashers' Abraham Darby Physical Education Girls KS4 curriculum

Girls Option 1
Trampolining

Mixed Option 1
Badminton

Mixed Option 2
HRE

Circuit Session 2
Point score circuit training

- Resilience
- Independence
- Competition
- Self-Motivation

YEAR
11
Term 2

Girls Option 1
Netball

Mixed Option 1
Volleyball

Mixed Option 2
HRE

Circuit Session 1
Point score circuit training

- Resilience
- Independence
- Competition
- Self-Motivation

YEAR
11
Term 1

HRE & Trampolining

HRE

Trampolining

YEAR
10
Term 3

Athletics & Option Block

Athletics

Option Block
1 – Rounders
2 - Tennis
3 – Cricket

Netball & Rugby

Netball

Rugby

YEAR
10
Term 2

YEAR
10
Term 1