

Physical Education KS4 Curriculum

CURRICULUM INTENT?

What does Physical Education help young people achieve at KS3? Why have you made these curriculum choices?

A high-quality physical education curriculum inspires all students to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for students to become physically confident in a way which supports their health and fitness (NC, 2013). The aim of KS4 PE is to develop a lifelong enjoyment of physical activity and understand the benefits of a healthy active lifestyle. Students will develop confidence, team working skills, leadership, and problem solving skills and develop qualities such as resilience and determination. Through a variety of sports, students will understand what makes performances effective and will develop analytical skills of own and others' performance. All students will have opportunities to compete through a broad inter-house programme developing a knowledge for a variety of sports and their governing rules.

TERM BY TERM BREAKDOWN – Knowledge acquired and skills developed:

	Year 10 Course Outline (sports taught on rotation due to facilities)	Year 11 Course Outline (sports taught on rotation due to facilities)	Opportunities beyond the classroom
Autumn Term	<p><i>Knowledge:</i></p> <p>Rugby, Football, Netball, Badminton, Trampolining</p> <p><i>Key Skills:</i></p> <p>Rules and advanced skill. Warm up and cool down strategies. Performance analysis. Implement advanced terminology. Delivered using the Sport Education approach (depending on the sport)</p>	<p><i>Knowledge:</i></p> <p>Rugby, Football, Netball, Badminton, Trampolining</p> <p><i>Key Skills:</i></p> <p>Rules and advanced skill. Warm up and cool down strategies. Performance analysis. Implement advanced terminology. Delivered using the Sport Education approach (depending on the sport)</p>	<p>PE extra-curricular change from the Winter to Summer terms. PE extra-curricular activities include: Football, Rugby, Netball, Hockey, Handball, Basketball, Badminton, Trampolining, Athletics, Cricket, and Dance.</p> <p>PE have links with outside agencies for a variety of sports for those</p>

Spring Term	<p><i>Knowledge:</i></p> <p>Football, Basketball, Trampolining, multi-sports</p> <p><i>Key Skills:</i></p> <p>Rules and advanced skill. Warm up and cool down strategies. Performance analysis. Implement advanced terminology. Delivered using the Sport Education approach (depending on the sport)</p>	<p><i>Knowledge:</i></p> <p>Football, Basketball, Trampolining, multi-sports</p> <p><i>Key Skills:</i></p> <p>Rules and advanced skill. Warm up and cool down strategies. Performance analysis. Implement advanced terminology. Delivered using the Sport Education approach (depending on the sport)</p>	<p>individuals who want to pursue sports further beyond the curriculum.</p> <p>Opportunities exist to represent Alec Hunter in National, County or District competitions in a variety of sports.</p>
	<p><i>Knowledge:</i></p> <p>Cricket, Athletics, Rounders, Athletics</p> <p><i>Key Skills:</i></p> <p>Rules and advanced skill. Warm up and cool down strategies. Performance analysis. Implement advanced terminology. Delivered using the Sport Education approach (depending on the sport)</p>	<p><i>Knowledge:</i></p> <p>Cricket, Athletics, Rounders, Athletics</p> <p><i>Key Skills:</i></p> <p>Rules and advanced skill. Warm up and cool down strategies. Performance analysis. Implement advanced terminology. Delivered using the Sport Education approach (depending on the sport)</p>	
Key Independent Learning Resources			GREAT READS
<p>Teach PE http://www.teachpe.com BBC Bitesize https://www.bbc.co.uk/education/subjects/znyb4wx Brain Mac https://www.brianmac.co.uk Edexcel GCSE PE (9-1) https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html OCR Sport Studies https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/</p>			<p>The Physical Education department recommends the following top 10 stimulating and challenging reads:</p> <p>Addicted by Tony Adams (Football) The Damned United by David Peace (Football) Ali: a Life by Jonathan Eig (Boxing) Open by Andre Agassi (Tennis) Fever Pitch by Nick Hornby (Football)</p>

Beware of the Dog by Brain Moore
(Rugby)

The Death of Ayrton Senna by
Richard Williams (Formula 1)

In These Girls, Hope is a Muscle by
Madeleine Blais (Basketball)

Women in Sport: Fifty Fearless

Athletes Who Played to Win by
Rachel Ignatofsky (Variety of Sports)

**Fox Tossing, Octopus Wrestling and
Other Forgotten Sports** by Edward
Brooke-Hitching (History)