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| **Year KS4 – Physical Education** |
| **Curriculum intent** | Students are encouraged to engage in a variety of team and individual sports and activities, to further develop advanced techniques, how and when to apply them, making tactical decisions during game play. In KS4 learners will develop personal fitness using a range of methods to promote life-long fitness, they will have the opportunity to use the fitness facilities. Students will develop themselves as an official in each activity, to support fair play and respect. Students will have the opportunity in every activity area to evaluate and improve their performance |
| **Term** | **Carousel 1 (Autumn)** | **Carousel 2 (Spring)** | **Carousel 3 (Summer)** |
| **Knowledge** | Students will learn how to officiate fairly in an individual and team sport.Students will know how and when to apply the advanced techniques/skills into competitive games and activities to improve game play.Students will develop an understanding of how to exercise for fun and lifelong fitness, knowing how to carry out fitness tests to support their understanding of components of fitnessStudents will know and use respect, resilience in all activities, showing an aspiration to developPrepare for exercise in a suitable way for their activity. | Students will learn how to officiate fairly in an individual and team sport, in problem solving and orienteering challengesStudents will know how and when to apply the advanced techniques/skills into competitive games and activities to improve game play.Students will develop an understanding of how to exercise for fun and lifelong fitness, knowing how to carry out fitness tests to support their understanding of components of fitnessStudents will know and use respect, resilience in all activities, showing an aspiration to developPrepare for exercise in a suitable way for their activity. | Students will learn how to officiate fairly in a striking and fielding game, in a range of athletic events and in Orienteering challenges. Students will know how and when to apply the advanced techniques/skills into competitive games and activities to improve game play.Students will develop an understanding of how to exercise for fun and lifelong fitness, knowing how to carry out fitness tests to support their understanding of components of fitnessStudents will know and use respect, resilience in all activities, showing an aspiration to developPrepare for exercise in a suitable way for their activity. |
| **Skills** | All activities will have a focus on how to officiate fairly and accuratelyBadminton – advance attacking and defensive shotsFootball – Applying advanced techniques with greater consistency advancedNetball - Applying advanced techniques with greater consistency advanced Fitness – performing to their maximum in a range of activities (Boxercise/Circuits/Spinning/Fitness Suite sessions)Fitness – Carrying out specific fitness testsMuscular endurance – Maximum sit up/Press upAerobic – 12 minute run/cycleSpeed – 35m sprint | All activities will have a focus on how to officiate fairly and accuratelyBadminton – advance attacking and defensive shotsFootball – Applying advanced techniques with greater consistency advancedNetball - Applying advanced techniques with greater consistency advanced Fitness – performing to their maximum in a range of activities (Boxercise/Circuits/Spinning/Fitness Suite sessions)Fitness – Carrying out specific fitness testsMuscular endurance – Maximum sit up/Press upAerobic – 12 minute run/cycleSpeed – 35m sprintOrienteering – Map reading skills using a compass, pacing effectively for the course. | All activities will have a focus on how to officiate fairly and accuratelyStudents will further develop: Rounders – Advanced batting and bowling techniques in competitive game play.Cricket – Advanced bating and bowling technique in competitive game play.Softball – developing techniques and understanding of the game.Fitness – performing to maximum in a range of activities (Spinning/Boxercise/Fitness Suite/Circuits)Athletics – Students will learn techniques of a range of track and field events and how to coach to improve others. |
| **Assessments** | Topic overview at the end of each activity using the PE I can statementsStudents will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE I can statementsStudents will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE I can statementsStudents will be formatively assessed through the unit using the ‘Can’ statements |
| **Enrichment** | Extra-curricular clubsNetballFootballBadmintonTable TennisTrampoline ClubFitness Suite | Extra-curricular clubsFootball/FutsalBasketballTable TennisDodgeballFitness Suite | Extra-curricular clubsCricketSoftball RoundersBadmintonTrampoline clubsBasketballFitness SuiteDofE - expeditionsNEW PE challenge (try a new sport/activity) |