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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 fitness  Students will know and use respect, resilience in all activities, showing an aspiration to develop  Prepare 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 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 fitness  Students will know and use respect, resilience in all activities, showing an aspiration to develop  Prepare 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 fitness  Students will know and use respect, resilience in all activities, showing an aspiration to develop  Prepare for exercise in a suitable way for their activity. |
| **Skills** | All activities will have a focus on how to officiate fairly and accurately  Badminton – advance attacking and defensive shots  Football – Applying advanced techniques with greater consistency advanced  Netball - 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 tests  Muscular endurance – Maximum sit up/Press up  Aerobic – 12 minute run/cycle  Speed – 35m sprint | All activities will have a focus on how to officiate fairly and accurately  Badminton – advance attacking and defensive shots  Football – Applying advanced techniques with greater consistency advanced  Netball - 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 tests  Muscular endurance – Maximum sit up/Press up  Aerobic – 12 minute run/cycle  Speed – 35m sprint  Orienteering – Map reading skills using a compass, pacing effectively for the course. | All activities will have a focus on how to officiate fairly and accurately  Students 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 statements  Students will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE I can statements  Students will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE I can statements  Students will be formatively assessed through the unit using the ‘Can’ statements |
| **Enrichment** | Extra-curricular clubs  Netball  Football  Badminton  Table Tennis  Trampoline Club  Fitness Suite | Extra-curricular clubs  Football/Futsal  Basketball  Table Tennis  Dodgeball  Fitness Suite | Extra-curricular clubs  Cricket  Softball  Rounders  Badminton  Trampoline clubs  Basketball  Fitness Suite  DofE - expeditions  NEW PE challenge (try a new sport/activity) |