Physical Education Curriculum Overview KS4

Proposed curriculum overview for KS4 Physical Education (may change depending on timetabling and facility availability) effective from September 2019

Objective: Provide a high-quality Physical Education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Units of work will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. There will also be opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect.

Aims:

- Develop competence in a broad range of physical activities
- Students to be physically active for sustained periods of time
- Engage in competitive sports and activities
- Promote students to lead healthy, active lives

(Physical Education National Curriculum)

Student will rotate sport/activity each half term. The pathway that they follow is dependent on their timetable and facilities available. Within each unit they will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition
- develop their technique and improve their performance in other competitive sports
- overcome intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, both individually and as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

Depending on learner experience and group, each year they will have the opportunity to reinforce and expand on content they have previously experienced.

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<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
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<tbody>
<tr>
<td>3 Baseline Assessment Lessons before setting – gymnastics/dance, Danish longball, dodgeball</td>
<td>Table tennis</td>
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<td>Table tennis</td>
<td>Swimming/Water Polo/Life Saving/Synchronised Swimming</td>
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<td>Swimming</td>
<td>Games for Understanding – e.g. football, rugby, netball, basketball</td>
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<td>Trampolining/Dance</td>
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<td>Trampolining/Dance</td>
<td>Striking and fielding – rounders, cricket or softball</td>
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<td>Striking and fielding – rounders, cricket or softball</td>
<td>Athletics Option</td>
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More advanced skills will be explored and developed, as well as enhancing leadership qualities and adopting a Sport Education model where students will focus on personal best development in a variety of roles and responsibilities. For example:

- warm up coach
- skills coach
- captain
- manager
- analyst
- statistician

Assessment Styles
Practical assessment is continuous for every activity during the unit of work, as well as at the end.
Assessment grade is holistic; based on the ability:

- to develop skills
- to evaluate & improve performance
- to make and apply decisions
- to adopt different roles & responsibilities
- to lead a healthy, active lifestyle
- to develop physical and mental capacity