

## 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
<b>Autumn Term</b>	<p><i>Knowledge:</i></p> <p><b>Rugby, Football, Netball, Badminton, Trampolining</b></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><b>Rugby, Football, Netball, Badminton, Trampolining</b></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>

<b>Spring Term</b>	<p><i>Knowledge:</i></p> <p><b>Football, Basketball, Trampoline, multi-sports</b></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><b>Football, Basketball, Trampoline, multi-sports</b></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><b>Cricket, Athletics, Rounders, Athletics</b></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><b>Cricket, Athletics, Rounders, Athletics</b></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>	
<b>Key Independent Learning Resources</b>			<b>GREAT READS</b>
<p>Teach PE  <a href="http://www.teachpe.com">http://www.teachpe.com</a>  BBC Bitesize  <a href="https://www.bbc.co.uk/education/subjects/znyb4wx">https://www.bbc.co.uk/education/subjects/znyb4wx</a>  Brain Mac  <a href="https://www.brianmac.co.uk">https://www.brianmac.co.uk</a>  Edexcel GCSE PE (9-1)  <a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html">https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html</a>  OCR Sport Studies  <a href="https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/">https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/</a></p>			<p>The Physical Education department recommends the following top 10 stimulating and challenging reads:</p> <p><b>Addicted</b> by Tony Adams (Football)  <b>The Damned United</b> by David Peace (Football)  <b>Ali: a Life</b> by Jonathan Eig (Boxing)  <b>Open</b> by Andre Agassi (Tennis)  <b>Fever Pitch</b> 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 Ignotofsky (Variety of Sports)

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