

KS4 Boys/Girls Core PE Scheme of Learning/Content

Students at KS4 enter into a more 'games' based curriculum, whereby teachers deliver lessons through a more teaching games for understanding approach (in both team and individual games). Lessons are structured around gameplay, which gives students opportunities to extend their knowledge further within sporting contexts experienced through our KS3 curriculum. Although lessons may have a slightly different structure to those delivered in KS3, students are still expected to implement the three aspects of head, heart and hands. There is a keen focus on developing the tactical side of games as well as building independence through games, to give students the tools to continue engaging in physical activity post-education.

In a similar vein to our KS3 curriculum, students are still set upon ability and gender, however student voice is considered to a certain extent here when selecting sporting activities. Whilst still ensuring students experience a broad range of physical activities, an aspect of student choice here proves beneficial in keeping students' engagement levels high. Students will still receive certain aspects of the curriculum regardless of the teaching group (health/fitness and OAA as an example). The order by which students cover certain aspects of the curriculum is dependent on a few factors; student choice of a particular group, facilities available as well as what has been studied previously.

Year	Context and Duration	Unit Content Sequencing
KS4	<i>Invasion Games</i>	Refine existing techniques and use advanced, fully implement a wide range of tactics and strategies, teamwork, problem solving skills, mutual respect and trust in others, body awareness, sense of belonging leadership skills - lead warm ups and sessions, confidence in range of sports, independence
KS4	<i>Health and Fitness - 8 Hours</i>	Components of fitness, analyse and improve performance in fitness planning - methods of training, heart rates in exercise, principles of training, aerobic vs anaerobic training, participate in exercise to increase fitness, respectful of self and others fitness', awareness of long term health benefits and diet, lead fitness sessions
KS4	<i>Outdoor and Adventurous Activities - 6 Hours</i>	Communication skills, problem solving skills, teamwork, respect for others, personal development, leadership, fitness and awareness of long term health benefits
KS4	<i>Athletics</i>	Develop advanced techniques - throw, jump, sprint, principles of movement, application of

	Activities	strength/power, awareness of long term health benefits, self motivation, respectful of own and others' fitness, compete with respect , analyse and improve performance
KS4	Net Games	Develop advanced techniques , apply tactics and strategies , safety and respect around equipment, respect for others , fair play, transfer and develop problem solving skills , umpiring, independence in own activity
KS4	Striking and Fielding Games	Refine techniques , umpiring, apply wide range tactics and strategies , safety around equipment, respect in competition, leadership skills and problem solving .
KEY: THINKING SKILLS (HEAD) FEELING SKILLS (HEART) DOING SKILLS (HANDS)		
<p><u>Justification</u> <i>Students are given more flexibility in Y10 and Y11 core PE lessons to focus on particular areas of interest. The ideology here is that students can learn certain sports/activities at a greater depth with a view to continuing with lifelong physical activity. This more independent approach is key in promoting healthy habits in their future years.</i></p>		