

KS4 CORE PHYSICAL EDUCATION
Years 10 and 11

Curriculum Overview:

The KS4 curriculum is designed to build upon the skills acquired at KS3 and develop further a knowledge and understanding of the benefits and impacts of sports and activities. Each pupil will continue their journey to building a life-long enjoyment of physical activity, health and wellbeing and employability skills. Pupils select a pathway that continues for the whole year, and they will engage in a variety of different activities that fit within the topic area. The pathways created allow for a well-rounded experience in KS4 that we believe will generate enjoyment and a positive learning environment.

Curriculum intent: KS4 PE is designed

- to develop participation and positive attitude towards sports and activity
- to teach and promote leadership and teamwork
- develop the knowledge of health and wellbeing
- promote excellence for all
- build a legacy of lifelong activity
- promote enjoyment
- develop employability skills

Curriculum Implementation:

<p>Competitive Games: This pathway is designed for those students who enjoy playing team sports and are motivated to compete and attempt to outwit opponents through a mix of teamwork and leadership skills. They have an opportunity to develop tactics and strategies and improve their technique and performance. These sports also linked to extracurricular clubs and sports links in the community. Pupils will take part in sports such as football, Rugby, basketball, table tennis and softball.</p>	<p>Alternative Games: This pathway is designed to allow students to try sports and activities that they may not have come across during their KS3 Physical education lessons. This pathway gives students a broader knowledge of the types of games and activities available to them and allows them to develop new skills or transfer existing skills into new sports. Students choosing Alternative games will be able to try such sports as Tchoukball, Korfbal, Handball, Spikeball Danish Longball and volleyball.</p>	<p>Active lifestyles and games: Having two separate strands; one that includes games and one that focuses on fitness-based activities, allows a variety to students' lessons. Pupils on this pathway will engage in a range of physical activities to promote and manage their physical activity and health into adulthood. The aim is to establish an activity framework that ensures pupils are knowledgeable and equipped to participate in lifelong physical activity. Pupils on this pathway will take part in games such as badminton and netball, as well as other fitness-based activities such as Boxercise.</p>	<p>Adventure: This pathway combines a variety of activities that fall in to the OAA category, they aim to present pupils with an intellectual and physical challenge whilst promoting teamwork, building trust, and developing problem solving skills. These activities include Mountain biking, Rock climbing and Orienteering. This pathway also allows students to develop tactics and strategies in gameplay through Nerf Combat and Dodgeball, develop life skills of communication as well as evaluate and assess both self and peer performance through problem solving.</p>	<p>Leadership academy (Y10): Pupils use lesson time to develop their knowledge of leadership through a variety of activities which allow them to build on skills such as communication, organisation, teamwork, and confidence. These skills are then used to deliver a variety of sports festivals to their peers and primary school pupils. This pathway is directly associated to the department ethos of developing employability skills through sport and physical activity. These activities include tag rugby, hockey, basketball, dodgeball, netball, table tennis, football, tennis, badminton, and rounders.</p>	<p>Sports Acro and games (Y11): This pathway is designed for those pupils who enjoy specific gymnastic type activities. Within this pathway pupils learn how to control their body through floor and flight skills. Pupils learn how to control their body to allow for movements and static skills to be completed. As well as this, pupils are still able to have time to engage and improve in team sports. Pupils who choose this pathway will take part in Gymnastics, Trampolining, Parkour, and ultimate Tag as well as Rounders and Tchoukball.</p>
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Assessment: Within PE we operate a continuous assessment process across the key stage, with a focus on three separate strands; Lifelong activity, Enjoyment, Employability skills. Our assessment strands are embedded into our planning, giving pupils an opportunity to achieve and progress in every lesson. At the end of each topic, we will update our centralised assessment document on Go4Schools.

EXTENDED CURRICULUM (trips/visits/after school activities): Across the year we offer an extensive extracurricular programme. There are a variety of competitive opportunities across sports such as Football, Rugby, Hockey, Netball, Basketball, Badminton, Tennis to name but a few. We also offer a range of recreational clubs for those pupils who enjoy being active but do not want a structured competitive format. These include but are not limited to, Dodgeball, Table tennis, Badminton, Rock climbing, Swimming, Basketball, Squash, Trampolining. All clubs go towards our Comberton Extra programme that rewards pupils for their commitment to all extra-curricular endeavours at CVC.