

KS4 PE Curriculum Overview

Links to KS3		The theory courses of GCSE and Btec PE build on the skills and knowledge taught in key Stage 3. Components of fitness, fitness testing and training methods are taught as part of the Key stage 3 curriculum within the HRE SOW. The base provided in KS3 equips pupils with the platform for a deeper understanding at KS4 in both accreditation courses. Key stage 4 core practical PE will incorporate tactics and strategies within invasion games taught during Key Stage 3.					
Intent	Statement of Intent	The purpose of Physical Education at Lydiard Park Academy is to inspire pupils to take part in a range of Sporting activities, highlighting the physical, mental and social benefits to Physical Activity. Pupils will develop their personal fitness and engage with opportunities that promote healthy active lifestyles. Pupils will be given a wide range of Physical, Social and Mental opportunities. Pupils will learn the importance and benefits of lifelong participation.					
	Timeline	Term 1 - 7 Weeks	Term 2 - 7 Weeks	Term 3 - 6 Weeks	Term 4 - 6 Weeks	Term 5 - 6 Weeks	Term 6 - 7 Weeks
Implementation (Year 10)	Year 10 Overview	Pupils will enhance their prior skills by taking part in a wide range of physical activities. Term 1 will focus on Invasion games, Term 2 will focus on Creative movement and net games, Term 3 will focus on Physical Fitness and Outdoor Education, Term 4 & 5 focus on Performance and Evaluation and striking and Fielding. Sports covered will be: Rugby, Netball, Badminton, Football, Alternative Games, Trampoline, Fitness, Basketball, Gymnastics, Dance, Alternative games, Orienteering, Hand ball, Hockey, cricket, rounders, Athletics.					
	SOW	Invasion games & Creative movement	Creative movement & Invasion games.	Tactics and strategies within gameplay	Outdoor education and HRE	Athletics	Striking & Fieldings
	Assessment Type & Unit Focus	OCR GCSE 5 Assessment Strands. Pupils will learn a range of complex skills and apply tactics in competitive situations in order to outwit an opponent in Netball and Rugby. Pupils will learn a range of skills in order to plan and perform a 10 bounce routine in Trampoline.	OCR GCSE 5 Assessment Strands. Pupils will follow the GCSE criteria for basic and advanced skills in Football, Basketball and Badminton.	OCR GCSE 5 Assessment Strands. Pupils will learn competitive strategies in developing their skill base in Handball.	OCR GCSE 5 Assessment Strands Pupils will learn map reading skills whilst building fitness and knowledge on components of fitness and training methods.	OCR GCSE 5 Assessment Strands Pupils will learn all the skills and attributes required for each Athletics event whilst learning competition tactics to improve personal performance. Pupils will enhance their tactical awareness in both rounders and cricket.	
Implementation (Year 11)	Year 11 Overview	Pupils will enhance their prior skills by taking part in a wide range of physical activities. Term 1 will focus on Invasion games, Term 2 will focus on Creative movement and net games, Term 3 will focus on Physical Fitness and Outdoor Education, Term 4 & 5 focus on Performance and Evaluation and striking and Fielding. Sports covered will be: Rugby, Netball, Badminton, Football, Alternative Games, Trampoline, Fitness, Basketball, Gymnastics, Dance, Alternative games, Orienteering, Hand ball, Hockey, cricket, rounders, Athletics.					
	SOW	Invasion games & Creative movement	Creative movement & Invasion games.	Tactics and strategies within gameplay	Outdoor education and HRE	Athletics/Striking and fielding	Course Completed
	Assessment Type & Unit Focus	OCR GCSE 5 Assessment Strands. Pupils will learn a range of complex skills and apply tactics in competitive situations in order to outwit an opponent in Netball and Rugby. Pupils will learn a range of skills in order to plan and perform a 10 bounce routine in Trampoline.	OCR GCSE 5 Assessment Strands. Pupils will follow the GCSE criteria for basic and advanced skills in Football, Basketball and Badminton.	OCR GCSE 5 Assessment Strands. Pupils will learn competitive strategies in developing their skill base in Handball.	OCR GCSE 5 Assessment Strands Pupils will learn map reading skills whilst building fitness and knowledge on components of fitness and training methods.	OCR GCSE 5 Assessment Strands Pupils will learn all the skills and attributes required for each Athletics event whilst learning competition tactics to improve personal performance. Pupils will enhance their tactical awareness in both rounders and cricket.	
	Topic Texts	Journals linked to sporting headlines. Reading list linked to GCSE and Btec courses.					
Impact	Year Tracking	Y11 RP1: T1, W5	Y10 RP1: T2, W1 Y11 RP2: T2, W5		Y10 RP2: T4, W5 Y11 RP3: T4, W5	Y11 RP4: T5, W3	
	Literacy and Numeracy links	Literacy-Skills developed through key words, specific vocabulary, topic texts, display boards, suggessted reading list. Numeracy- skills developed through scoring, time keeping and sports specific numerical terminology (e.g. Heart Rate)					
	How It Is Used / Skills Set Developed / Outcomes	Pupils will take away a multitude of life skills from Physical Education, such as Leadership, Resilience, Self Esteem, Mental Wellbeing, Teamwork, Social and Emotional development. Many skills learnt are sports specific and can support those attempting to further their sporting careers.					
	Links to Higher Education	There are a wide range of options within Higher Education related to PE, such as sports science, Sports Development, Outdoor Adventure, Physiotherapy, Sports Management, Sports Business.					
	Careers in the Curriculum	Teaching, Coaching, Physiotherapy, leisure Centres, Officiating, Sports Science, Psychology.					