

PE Curriculum Overview

		Year Group	Term 1 8 Weeks	Term 2 7 Weeks	Term 3 6 Weeks	Term 4 6 Weeks	Term 5 5 Weeks	Term 6 7 Weeks
KS4	Intent	Year 10	Unit 1 - Fitness for sport and exercise - course content: fitness components, fitness tests, principles of training, training methods, exercise intensity		Unit 6 - Leading sports activities - course content: qualities of a leader, leadership styles, planning sessions		Unit 2 - Practical sports performance - course content: rules and regulations, practical assessment	
		Assessment Type	External exam		Teacher assessed assignments		Teacher assessed assignments	
	Implementation	Homework	Revision, ItsLearning, EverLearner, exam questions		Research tasks, work experience at session 6's		Research tasks, attending session 6's in practical areas	
		Tracking Points	Review 1: T1 Wk7 - T2,Wk1		R2: T3,Wk2 - Wk4	Review 3: T4,Wk2		Review 4: T6,Wk5
		Local Context & Pathways To Levelled Competition	The PE curriculum is sequential to local and regional level competitions. All pupils are encouraged to take part regularly in competitive sports and activities both inside and outside of school through community links or sports clubs.					
		Year 11	Unit 3 - Applying the principles of personal training - course content: planning personal fitness training programme, components of fitness, training methods, taking part in fitness programme, analysing fitness programme, effects of exercise on the musculoskeletal system and cardiorespiratory system					
	Impact	Assessment Type	Teacher assessed assignments					
		Homework	Research tasks, taking part in personal fitness training programme outside of school and session 6's					
		Tracking Points	Wk 5			Review 3: T4,Wk1 - Wk3	Rev 4: T5,Wk2 - Wk4	
		Overall KS4 Intent:	Pupils will tackle complex and demanding physical activities. They are involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.					