

SUBJECT	Physical Education	CURRICULUM LEADER	Louise Reddington	YEAR	KS4 (Year 10 & 11)
ORGANISATION OF THE SUBJECT	<p>In Key Stage 4 Physical Education, students have one core curriculum session per week. Students tackle complex and demanding physical activities and get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle, as well as having the opportunity to coach and lead the younger pupils. Students are set into groups for Core PE based upon athletic effort and ability.</p> <p>Physical Education is also an optional subject at KS4, where students may take a BTEC Level 1/2 First Award in Sport in addition to their core PE session.</p>				
Key Concepts (The big ideas underpinning this subject)			Key Skills in this subject		
<p>Students in Core PE should be taught to:</p> <ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games • develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best • continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. 			<ul style="list-style-type: none"> • teamwork • communication • practical ability • leadership • evaluating skills • organisation <p>BTEC command words:</p> <ul style="list-style-type: none"> • describe • explain • evaluate • analyse • assess • justify 		

What will be learnt in this subject?	How will learning take place in this subject?												
<p>In KS4 Core PE students should tackle complex and demanding physical activities that provide them with opportunities for life-long commitment to exercise and maintaining a healthy lifestyle. They will be involved in a range of activities that develop personal fitness, promote active healthy lifestyles and encourage leadership and coaching.</p> <p>In Optional BTEC Sports Studies students will tackle sports units involving practical sports performance and assessment, fitness testing and training, and leading sports activities. Completion of the qualification could then lead onto further education, apprenticeships in the fitness/leisure industry, and any other sports related occupations or courses.</p>	<p>In Core PE students will participate practically in a variety of team based and individual sports as detailed below. There will also be the opportunity within the year to take part in single sex optional swimming groups.</p> <table border="1" data-bbox="1133 325 2134 592"> <tr> <td>Year 10 Core Girl Activities</td> <td>Netball, Health & Fitness, Optional Swimming, Badminton, Short Tennis, Trampoline, Athletics, Rounders, Coaching/Leading</td> </tr> <tr> <td>Year 10 Core Boy Activities</td> <td>Football, Optional Swimming, Trampoline, Rugby, Health & Fitness, Athletics, Cricket, Coaching/leading</td> </tr> <tr> <td>Year 11 Core Girl Activities</td> <td>Netball, Health & Fitness, Gymnastics, Dance, Optional Swimming, Tag Rugby, Rounders, Coaching/Leading</td> </tr> <tr> <td>Year 11 Core Boy Activities</td> <td>Football, Rugby, Optional Swimming, basketball, Health & Fitness, Cricket, Coaching/Leading</td> </tr> </table> <table border="1" data-bbox="1133 667 2134 799"> <tr> <td>Year 10 Sports Studies Activities</td> <td>Netball & Football, Fitness Testing & Training Programme for Unit 5, Basketball Assessment for Unit 2, Rounders Assessment for Unit 2</td> </tr> <tr> <td>Year 11 Sports Studies Activities</td> <td>Badminton Observations for Unit 2, Coaching and Leading for Unit 6</td> </tr> </table>	Year 10 Core Girl Activities	Netball, Health & Fitness, Optional Swimming, Badminton, Short Tennis, Trampoline, Athletics, Rounders, Coaching/Leading	Year 10 Core Boy Activities	Football, Optional Swimming, Trampoline, Rugby, Health & Fitness, Athletics, Cricket, Coaching/leading	Year 11 Core Girl Activities	Netball, Health & Fitness, Gymnastics, Dance, Optional Swimming, Tag Rugby, Rounders, Coaching/Leading	Year 11 Core Boy Activities	Football, Rugby, Optional Swimming, basketball, Health & Fitness, Cricket, Coaching/Leading	Year 10 Sports Studies Activities	Netball & Football, Fitness Testing & Training Programme for Unit 5, Basketball Assessment for Unit 2, Rounders Assessment for Unit 2	Year 11 Sports Studies Activities	Badminton Observations for Unit 2, Coaching and Leading for Unit 6
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What methods of assessment will be used?	How can you support learning and progress in this subject?												
<p>Core PE at KS4 has no formal method of assessment though students will be given attitude to learning grades each module.</p> <p>Physical Education is also an optional subject at KS4, where students may take a BTEC Level 1/2 First Award in Sport and achieve either level 1 pass, pass, merit or distinction.</p> <p><u>BTEC Level 1/2 First Award in Sport</u></p>	<ul style="list-style-type: none"> ▪ Encourage your child to follow sports news and watch live sport on the television ▪ Encourage your child to participate/volunteer in activities at local sports clubs/groups ▪ Ensure your child is fully equipped for every lesson with the correct kit ▪ Support your child with revision for BTEC Sport ▪ Support and encourage your child to keep up with written work in BTEC Sport 												

In KS4, students who take the BTEC Level 1/2 First Award in Sport course will have three curriculum sessions per week, two theory sessions and one practical. Students will study four units of work within the course. They will work in both single sex and mixed sex groups. The BTEC Level 2 First Award is the equivalent of two grades at GCSE. It is divided into Level 1, Pass, Merit and Distinction grades and students must pass all units to gain the overall award.

UNIT 1 – Fitness Testing & Training (Externally assessed online examination)

- A - know about the components of fitness and the principles of training
- B - explore different fitness training methods
- C - investigate fitness testing to determine fitness levels

UNIT 2 – PRACTICAL SPORTS PERFORMANCE (internally assessed assignments/video evidence)

- A – understand the rules, regulations and scoring systems for selected sports
- B – practically demonstrate skills, techniques and tactics on selected sports
- C – be able to review sports performance

UNIT 5 – Training for personal fitness (Internally assessed assignments)

- A - design a personal fitness training programme
- B - know about exercise adherence factors and strategies for continued training success
- C - implement a self-designed personal fitness training programme to achieve own goals and objectives
- D - review a personal fitness training programme.

UNIT 6 – Leading sports activities (Internally assessed assignments)

- A - know the attributes associated with successful sports leadership
 - B - undertake the planning and leading of sports activities
 - C review the planning and leading of sports activities.
- Internally assessed (assignment based)

Equipment needed for this subject.	Learning outside the classroom : enrichment opportunities in this subject.
Polo t-shirt, shorts, white socks, trainers, pen, pencil, ruler, rubber, eraser	<ul style="list-style-type: none">• Extracurricular activities and competition – attendance at local sporting fixtures• Opportunities to coach and lead within the Academy• BTEC Booster sessions to aid with work and revision