

Key Stage 4

Subject: Physical Education

Intent

The purpose of the Physical Education curriculum is to deliver inclusive high-quality lessons which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. The curriculum gives the opportunity for students to follow a number of games activities throughout the key stage to enable their skills to become embedded. They will be taught to develop their techniques and improve their performance through other competitive sports. Pupils will be given the chance to experience outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work as a team, building on trust and developing problem solving skills. Pupils are encouraged to analyse their own performances compared to previous ones and demonstrate improvement to achieve their personal best. Our extra-curricular programme allows pupils to take part in competitive sports and activities outside the school through community links or sports clubs. These clubs are designed to further extend students skills and techniques as well as the promotion of an active and healthy lifestyle. At KS4, skills, techniques and tactics become more refined and lessons reflect activities that develop personal fitness and promotes an active, healthy lifestyle so pupils will adopt the attitude of being “fit for life” and not just during their school career. Pupils will experience PE in the community to promote and build in a lifelong love of being physically active. Leadership is promoted throughout the school, enabling pupils to gain the necessary skills to coach young students and assist a number of Primary school competitions within the Havering community and at Frances Bardsley.

Programme of study and assessment

| | Autumn Term | Spring Term | Summer Term |
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| Year 10 | Skeleton Movement Joints Muscles Antagonistic pairs Levers Axes Cardiovascular system <u>Practical</u> Netball Trampolining | Cardiovascular system Respiratory system Aerobic/anaerobic exercise Short/long term effects of exercise Components of fitness <u>Practical</u> Badminton Handball Fitness | Principles of training Types of training Warm up Cool down Preventing risk Goal setting <u>Practical</u> Athletics Fitness |
| Assessment | Students are assessed at the end of each topic area. However they are cumulative e.g. a test on muscles will also | Students are assessed at the end of each topic area. However they are cumulative e.g. a test on Components of fitness will also include | Students are assessed at the end of each topic area. However they are cumulative e.g. a test on Cool down will also |

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| | <p>include questions on previous topics such as the skeleton, movement and joints.</p> <p>October assessment:-</p> <p>Skeleton</p> <p>Movement</p> <p>Joints</p> <p>Muscles</p> <p>Antagonistic pairs</p> <p>December assessment:-</p> <p>Skeleton</p> <p>Movement</p> <p>Joints</p> <p>Muscles</p> <p>Antagonistic pairs</p> <p>Livers</p> <p>Axes</p> <p>Cardiovascular system</p> <p>Students are also graded at the end of the practical unit in a range of skills, quality of skills, physical attributes and decision making</p> <p>Completion of log books for practical activities</p> | <p>questions on previous topics.</p> <p>February assessment:-</p> <p>Skeleton</p> <p>Movement</p> <p>Joints</p> <p>Muscles</p> <p>Antagonistic pairs</p> <p>Livers</p> <p>Axes</p> <p>Cardiovascular system</p> <p>Respiratory system</p> <p>Students are also graded at the end of the practical unit in a range of skills, quality of skills, physical attributes and decision making</p> <p>Completion of log books for practical activities</p> | <p>include questions on previous topics.</p> <p>End of year exam:-</p> <p>Everything in year 1</p> <p>Students are also graded at the end of the practical unit in a range of skills, quality of skills, physical attributes and decision making</p> <p>Completion of log books for practical activities</p> |
| Year 11 | <p>Course work NEA will be completed every few lessons.</p> <p>Trends in participation</p> <p>Media</p> <p>Commercialisation</p> <p>Sponsorship</p> | <p>Course work NEA will be completed every few lessons.</p> <p>Mental preparation</p> <p>Guidance</p> <p>Feedback</p> <p>Health, fitness and well-being</p> | <p>Exam preparation and revisiting practical activities</p> |

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| | <p>Drugs</p> <p>Violence</p> <p>Skillful movement</p> <p>Open/closed skills</p> <p>Course work NEA</p> | <p>Diet</p> | |
| <p>Assessment</p> | <p>Students are assessed at the end of each topic area. However they are cumulative e.g. a test on skill will also include questions on previous topics.</p> <p>October assessment:-</p> <p>Trends in participation</p> <p>November Mock assessment:-</p> <p>Trends in participation</p> <p>Media</p> <p>Commercialisation</p> <p>Sponsorship</p> <p>Drugs</p> <p>Violence</p> <p>During this time there will be no practical due to the completion of the NEA</p> <p>Completion of log books for practical activities</p> | <p>Students are assessed at the end of each topic area. However they are cumulative e.g. a test on Guidance will also include questions on previous topics.</p> <p>February Mock assessment:-</p> <p>Trends in participation</p> <p>Media</p> <p>Commercialisation</p> <p>Sponsorship</p> <p>Drugs</p> <p>Violence</p> <p>Skillful movement</p> <p>Open/closed skills</p> <p>Mental preparation</p> <p>Guidance</p> <p>Feedback</p> <p>During this time there will be no practical due to the completion of the NEA</p> <p>However, there is likely to be a standardisation session internally or externally to assist with Practical moderation and assessment.</p> <p>Completion of log books for practical activities</p> | <p>Past paper practice and revision tasks</p> <p>Completion of log books for practical assessment</p> <p>Completion of log books for practical activities</p> |