

**Key Stage 4
PE Curriculum
'Road Map'**

Curriculum Intent – To build on the skills you have learnt in Key Stage 3 PE and face increasingly complex and demanding skills, and apply them across a range of sports and physical activities. To understand what makes a performance effective and how you can apply these principles to your own and others' work. To further develop confidence to participate in activities outside of school and to understand the long term effects of exercise.

Curriculum Area



Outwitting Opponents

Developing Skills and Performance

Coaching and leadership activities

Analysing and Evaluating Performance

Making Informed Choices about Healthy, Active Lifestyles

Description of concept

Use a range of tactics and strategies to overcome opponents in direct competition in individual and team sports such as **Badminton, Basketball, Cricket, Football, Handball, Hockey, Netball, Rounders, Rugby, Volleyball, Water Polo, Tennis and Table Tennis**

To replicate skills, develop technique and improve performance in other competitive activities such as **Swimming, Athletics and Gymnastics**.
To replicate and perform dances using challenging dance techniques in a range of **Dance** styles.

To take part in coaching and leadership activities which present a variety of challenges. To develop confidence in your communication skills and your ability to lead a team to solve problems through participating in the **Sport Education** programme.

To analyse your performances compared to previous ones and demonstrate improvement to achieve your personal best through **all** activity areas.

Understand and apply the long-term health benefits of physical activity through **cross-country running, aerobics and Health Related Fitness**.

Implementation

- Learn a range of complex skills and tactics
- Apply these within practises and game situations
- Adopting a variety of roles within games and physical activities

- To replicate complex skills and develop advanced techniques
- Apply these to routines, strokes and events with accuracy
- Develop advanced tactical awareness and more complex compositional ideas

- Develop coaching and leading skills in a number of activities including football and netball
- Further develop creative thinking skills, interpersonal skills and improve understanding of group dynamics

- Evaluate your strengths and weaknesses
- Self/ peer assess your own and others' work including the assessing of more complex skills
- Identify areas for improvement to improve performance

- Understand why regular exercise is important for you and to further develop knowledge of complex fitness methods and programmes.
- To further understand the importance of physical, social and emotional well-being

Enrichment Opportunities

- Attend extra-curricular sport clubs and enrichments activities
- Attend relevant sports tours and trips
- Participate in sports days
- Join sports clubs in the community
- Engage in the sports leaders programme



Expectations

To challenge yourself physically, socially and mentally to achieve your personal best. To ask questions, be inquisitive and reflect on your own and other's learning. To be organised, independent and responsible learners. To be a confident learner who will work effectively as part of a team showing resilience and tolerance.

Assessment

Throughout Key Stage 4 you will be assessed informally through a range of question and answer, observation and formative assessments.