KS4 CURRICULUM: Physical Education

Overview

In Years 10 and 11, students will continue their route from key stage 3 Physical Education. Students will continue to develop their knowledge of a range of different activities, through the 4 corner model. The 4 corner model focuses on developing the following areas are...

- **Technical/Tactical**- The ability to perform the different skills required for the sport/physical activity
- **Physical**- The relevant Components of Fitness needed to be developed for that sport/ physical activity
- **Psychological**- The development of the performers state of mind when completing their sport/physical activity. We are looking to develop a positivity around sporting experiences to encourage a lifelong love of sport and physical activity.
- **Social**- The development of social skills which are required for that sport/ physical activity. We would like to promote participation of physical activity in our curriculum and beyond.

The main difference between key stage 3 and 4 is the duration of each unit of work. We have reduced the time spent on each sporting activity to 3 week blocks. We believe this keeps tempo up and increases the number of sporting experiences our students may be exposed to.

	Focus / Topic	Knowledge & Skills	Assessment
Carousel 1	Trampolining	**Technical/Tactical**- Actions, Focus, Dynamics, Projection, Timing. **Physical**- Flexibility, coordination, alignment, spotting, balance, strength. **Psychological**- Creativity- choreography, confidence, trust. **Social**- Partner work/group work, appreciation sessions, contact work, relationships, space.	Students are assessed through teacher observation and class discussion of the following aspects for each activity: ● the ability to perform skills in a closed environment ● the ability to perform skills in game situations. ● the ability to adapt skills and implement tactics according to the changes in environment. ● understanding of rules and regulations.
Carousel 2	Badminton	**Technical/Tactical**- Service, overhead clear, drop shot, smash/drive - Playing to space. **Physical**- Balance, agility, co-ordination, power, reaction time. **Psychological**- Positive approach to play, concentration especially when fatiguing. **Social**- Working independently, peer coaching, communicating rules.	
Carousel 3	Football	**Technical/Tactical**- Passing, Receiving, Dribbling, Finishing - Making decisions under pressure. **Physical**- Speed, Agility, Power, Reaction time. **Psychological**- Positive approach to play, Concentration. **Social**- Team work, Managing success and failure.	
Carousel 4 (girls)	Netball	**Technical/Tactical**- Passing, footwork, shooting, positional play, marking, defending, decision making, dodging. **Physical**- Agility, balance, coordination. **Psychological**- Positive approach to play, Concentration. **Social**- Team work, Managing success and failure.	
Carousel 4 (boys)	Rugby	**Technical/Tactical**- Ball handling, Passing, Penetration, Supporting in attack, Tackling safely, Transition of play, Rules of the game. **Physical**- Speed, Agility, Coordination, Reaction time, Strength, Power. **Psychological**- Confidence in contact, Resilience, Decision making, Focus and attention. **Social**- Teamwork, Leadership, Organisation, Motivating others, managing success and failure.	

Summer 1	Striking and Fielding	**Technical/Tactical**- Passing, Receiving, Dribbling, Finishing. **Physical**- Speed, Agility, Power. **Psychological**- Positive approach to play, Concentration. **Social**- Team work, Managing success and failure.	
Summer 2	Athletics		

Further Information

Students will spend one half term on each sporting activity. They will follow a carousel and complete a range of 6 activities across the academic year.
Students will also participate in an inter form event each half term, where they will compete against other forms in a contrasting sporting competition.
Students are expected to wear full Chace PE kit to all PE lessons. Appropriate footwear will be advised by their subject teacher. In the event that a student forgets their kit, spare kit will be provided.
If a student forgets their kit 3 times within a term they will be issued with a 30 minute detention.
No jewellery is allowed to be worn during PE lessons, all long hair must be tied back and finger nails must be an appropriate length.
Students will spend one lesson per sport completing a DIRT lesson (what does dirt stand for?). During this time, students will work on a specific area of their performance and try to develop this into their overall performance.