

Curriculum Information

Key Stage 4



*"Equipping students with the
knowledge, skills and motivation
to live active, health lives"*

For yourself & for others

Curriculum Intent

'To develop knowledge and skills, as well as to create positive experiences, in order to instil a lifelong appreciation of the importance of physical activity,'

Our work in PE aims to encourage a lifelong participation in physical activity by inspiring a generation. We want all students to enjoy, succeed and develop essential life skills within our Physical Education curriculum. We provide a broad range of opportunities enabling students to achieve their full potential and improve their health and wellbeing. Physical Education lessons are designed to be active, provide competitive scenarios and challenge students in a variety of roles.

Key Stage 4 Physical Education

In Year 10 and 11 all students participate in three hours of PE a fortnight. We offer a student-centred approach, where the students can choose the pathway which suits their individual needs, such as leading, traditional games, alternative games or fitness. We want all students to enjoy, succeed and develop essential life skills within our core PE curriculum and believe creating positive experiences in PE will help *to instil a lifelong appreciation of the importance of physical activity,'*

We have a large extra -curricular programme in order to provide opportunities for as many students as possible to participate in both recreational and competitive activities. Many of our competitive sporting teams have enjoyed considerable success at high levels

Examination PE

If students are interested in studying PE as an examination subject (an additional five hours a fortnight), then we have GCSE Physical Education or Cambridge National Sports Studies. Students do not need to worry about which course to select as we will liaise with their high school teachers and select the course most appropriate for them. Both courses provide students with foundation to our Key Stage 5 courses consisting of A Level Physical Education and Cambridge Technical Certificate in sport and Physical activity.

GCSE PE - The OCR GCSE course gives students a chance to study a huge variety of topics linked to Physical Education. These include Applied Anatomy & Physiology, Physical Training, Socio - Cultural Influences, Sports Psychology and Health, Fitness & Well -Being. Because the theory is worth 60% of the final grade, the majority of lessons will be timetabled in the classroom. However, as PE is a practical subject, we will look to deliver as much of this content as possible in a practical way. Students will also be given the opportunity to participate in a range of practical activities. We will then select their strongest three activities (one team, one individual and one other) from these assessments as well as assessments made in core PE lessons and activities undertaken outside school.

Cambridge National Sports Studies - This course gives students the opportunity to learn the theory behind sport practically. The course is equivalent to one GCSE. Students will study three units over the two years. Each unit offers students the opportunity to develop their knowledge and understanding of the theories behind the modern-day sporting world. One unit is externally assessed by examination. The other two are assessed through practical elements or coursework, which will include presentations, written coursework and practical demonstrations of coaching and officiating. Students will have a mixture of practical and theory lessons.

Key Stage 4 Physical Education

GCSE PE - <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

CNAT - <https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/>

Year & Half Term	Themes / Key Questions/description	Knowledge & Skills
KS4 Core PE: Student have an options systems where can pick their pathway.		<p>Throughout KS4 Students are taught to use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p>
Competitive Pathway	<p>Traditional sports taught</p> <p>Focus on skill development/ tactics/ focus on results and outcome</p>	<p>As well as, developing their technique and improve their performance in most sporting activities. Students are encouraged to become independent learners and thinkers.</p>
Recreation Pathway	<p>Varying sports taught- traditional and non-traditional</p> <p>Focus is around skill development and tactics but also about engagement in sport</p>	<p>Students regularly evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p>
Inspire pathway	<p>Sports are varied and group dependant. Focus around engagement and enjoyment than skill development and tactics.</p>	<p>Students are encouraged to continue to take part regularly in competitive sports and activities outside school throughout extra-curricular provision. This involves a variety of clubs and team available.</p>

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Year & Half Term	Themes / Key Questions/description	Knowledge & Skills
GCSE PE		
Year 10		
Half Term 1	Skeletal System Muscular System Movement Analysis Test 1	During GCSE PE students will have the opportunity to develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
Half Term 2	Cardiovascular and Respiratory systems Effects of Exercise Test 2	They will also gain an understanding of how the physiological and psychological state affects performance in physical activity and sport
Half Term 3	Commercialisation in sport Ethical issues in sport	
Half Term 4&5	Health fitness and well being Sports Psychology	They will perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
Half Term 6	Components of fitness	

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Year & Half Term	Themes / Key Questions/description	Knowledge & Skills
GCSE PE		
Year 11		
Half Term 1	Components of fitness Applying the principles of training	Students will be given the opportunity to develop their ability to analyse and evaluate to improve performance in physical activity and sport
Half Term 2	Coursework-	Students will understand the contribution which physical activity and sport make to health, fitness and well-being.
Half Term 3	Engagement patterns in sport and physical activity.	Students will understand key socio-cultural influences which can affect people's involvement in physical activity and sport
Half Term 4 & 5	Revision programme	

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Year & Half Term	Themes / Key Questions/description	Knowledge & Skills
Cambridge National in Sports studies	Practical's will be delivered throughout the year	During the course students will develop a range of skills through involvement in sport and physical activity in different contexts and roles
Year 10		
Half Term 1	Exploring different types of media to promote the coverage of a sports team	They will develop their ability to apply theoretical knowledge to practical situations
Half Term 2	Exploring positive effects media has on sporting activity	They will gain a better understanding of the complexity of different areas of sport and the sports industry
Half Term 3	Exploring negative effects media has on sporting activity	They will increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport
Half Term 4	Create progressive sporting coaching session of their own choice and identify risks and hazards	
Half Term 5	Session evaluation of coaching plan	
Half Term 6	Create detailed logbooks and evaluate sporting performance	

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Year & Half Term	Themes / Key Questions/description	Knowledge & Skills
Cambridge National in Sports studies Year 11 Half Term 1 Half Term 2 Half Term 3 Half Term 4 Half Term 5	<p>Identify strengths and areas of improving in sporting activity of there choice</p> <p>Create drills and training programme and identify ways to measure progress</p> <p>Contempoary issues exam content</p> <p>Identify user groups, barriers and solutions to taking part in sport</p> <p>Values in Sports</p> <p>Performance enhancing drugs</p> <p>Sporting Events</p> <p>National Govering Bodies</p> <p>Sport and Technology</p>	<p>During the course students will develop a range of skills through involvement in sport and physical activity in different contexts and roles</p> <p>They will develop their ability to apply theoretical knowledge to practical situations</p> <p>They will gain a better understanding of the complexity of different areas of sport and the sports industry</p> <p>They will increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport</p>