


## 2.2 KS4 Curriculum Overview

	Components of Physical Education		Core knowledge	Hinterland knowledge
	New knowledge we introduce		Essential knowledge needed to be successful	What do students <i>do</i> with this knowledge?
	Year 10	Year 11		
Autumn 1	<b>Participation through game play</b>  Students will use the skills and knowledge learnt in Key Stage 3 to participate in game play  Delivered via a range of sports	<b>Participation</b>  Students will engage and participate in a range of activities and sports  Delivered via a range of sports	<b>Participation</b>  <b>Health and Fitness</b> – Students will be able to use warm up and cool downs effectively to prepare and recover from exercise. They will understand how to improve their health and fitness. They will also be able to assess the risk of the environment they are participating in.  <b>Skill Development</b> – Students will use sport specific skills for a range of activities.  <b>Strategic Development</b> – Students will develop their decision making. They will develop strategies to improve health and fitness. Students will be aware of the strengths and areas to develop as well as others.	Students can attend extra-curricular clubs to further enhance and broaden their skill set, knowledge and understanding.  The PE team can direct students to a variety of local club links in numerous activities.  Opportunities to go to live sporting events.
Autumn 2	<b>Participation through game play</b>  Students will use the skills and knowledge learnt in Key Stage 3 to participate in game play  Delivered via a range of sports	<b>Participation</b>  Students will engage and participate in a range of activities and sports  Delivered via a range of sports		
Spring 1	<b>Participation through game play</b>  Students will use the skills and knowledge learnt in Key Stage 3 to participate in game play  Delivered via a range of sports	<b>Participation</b>  Students will engage and participate in a range of activities and sports  Delivered via a range of sports		
Spring 2	<b>Participation through game play</b>  Students will use the skills and knowledge learnt in Key Stage 3 to participate in game play  Delivered via a range of sports	<b>Participation</b>  Students will engage and participate in a range of activities and sports  Delivered via a range of sports		
Summer 1	<b>Participation through game play</b>  Students will use the skills and knowledge learnt in Key Stage 3 to participate in game play	<b>Participation</b>  Students will engage and participate in a range of activities and sports		

	Delivered via a range of sports	Delivered via a range of sports		
Summer 2	<p><b>Participation through game play</b></p> <p>Students will use the skills and knowledge learnt in Key Stage 3 to participate in game play</p> <p>Delivered via a range of sports</p>			
<p><b>What do students learn?</b></p> <p>- Y10/11:</p> <p>Participation - Students will develop &amp; apply specific knowledge and skills from Key Stage 3 to gain an understanding of the importance of physical activity participation as a lifelong factor in achieving and maintaining good health – using a broad range of activities. These will focus primarily on health and fitness.</p> <p><b>What will a student know by the end of Key Stage 4? Why?</b></p> <p>Be able to enjoy participating in a sport/activity of choice outside of school. Understand the importance of a healthy, active lifestyle and be able to apply this to their daily routine.</p> <p><b>The above will allow them to continue in some form of physical activity or sport after school, living a healthy and active lifestyle.</b></p>			<p>Students have access to an extensive extra-curricular programme in a variety of activities.</p> <p>Students have chances to compete against local, area and county schools in a variety of competitions.</p> <p>Students are able to attend trips to watch top level sport.</p> <p>Teacher to have an intriguing question or fact that will help students to develop an appreciation of Physical education. For example, in athletics show and mark out the distance of a world record in a particular event.</p>	<p><i>Resources</i></p> <p><i>Recommended resources</i></p> <p>Sport-specific equipment.</p> <p>Generic sports equipment.</p>