



## Overview

Develop the physical skills, fitness and knowledge required to take part in sport or physical activity post 16. Students can choose which sporting activities they partake in to support their confidence, encourage continued participation and enjoyment as they start make decisions about what sport and physical activity, they will take part in once they leave school. They deploy the skills that they developed and enhanced at Key Stage 3 and use them to implement greater strategies and tactics to outwit their opposition. Activities are taught in varying orders depending on the needs of the group, availability of space and staffing, therefore the delivery of activities may change across the two years.

# Key Stage 4 Physical Education

## Term 3

### Physical Practical demonstrating and application

Students will consolidate all the core and advance sport specific skills learnt during KS3. They will develop these through isolated drills, small-sided games, and competitive and recreational situations.

### Term 3 Activities

Athletics, Cricket, Rounders, Tennis, Softball, Ultimate Frisbee



## Term 1



### Mental Knowledge of rules and tactics:

Students will focus on developing and applying a range of tactics both as a player and a coach in recreational and competitive sport. They will have the opportunity to take charge of games as an official applying their knowledge of the rules in competitive situations. Where appropriate students will take responsibility for their own learning identifying and working on their own and peers' strengths and weaknesses to develop sessions that are specific to their individual needs. Their knowledge of the human body and their own personal fitness needs allows them to devise their own training plan / circuit.

### Term 1 Activities

Cross Country, Football, Rugby, Hockey, Netball, Basketball, Badminton, Table tennis, Yoga, Health and Fitness

## Term 2

Social Employability skills: Students will work on independent learning, teamwork, leadership, and communication through participating in student lead drills and games. Students will work on their resilience and commitment to sports.

### Term 2 Activities

Badminton, Volleyball, Health and Fitness, Yoga, Table tennis, Basketball, Football, Dance