



PE Curriculum Map – KS4

Period	Topic	Content – Direct from the specification
KS4	Physical Activity and Engagement	Assessment Focus - Delivered and assessed through a variety of activities in PE which will develop students physical competence, their knowledge and understanding of rules, regulation, techniques and tactics along with an appreciation for health and wellbeing. Students will choose which activities they wish to participate in from a broad range of options. There will be some that have a more competitive focus where others aim to increase students physical actively levels simply through participation. Where fitness based activities take place students will learn to set SMART targets to improve their physical fitness or mental wellbeing and then apply a training programme to work towards achieving these targets. Activities include: Football, Handball, Fitness, Table Tennis, Badminton, Basketball, Problem Solving, Volleyball, Pickleball and Dance.

What they will be learning:

Students will develop an understanding of the importance of being physically active as they develop into young adults. They will continue to develop their knowledge and understanding of the rules and regulations of a range of activities, how to apply a fitness based programme to improve physical and mental health and develop a fondness of physical activity which they will hopefully continue to follow post 16.

Why and why at this point:

At this point student are under increasing pressure to perform in examination lesson. There is significant evidence to support the importance of physical activity and exercise in allowing students to maximise their results at school. There is also a large drop out percentage of young adults from physical activities on leaving school so developing this love of life long participation is hugely important at this stage.

Intended outcomes:

A lifelong commitment to physical activity and exercise and an ability to make informed decisions leading to a healthy lifestyle.

Links to prior learning:

Students will build on prior learning here by applying their acquired knowledge from KS3 into their chosen activities in KS4. Rules and regulations will be applied to the relevant activities, fitness concepts will fall into fitness programming and an understanding of a healthy lifestyle will continue to be developed.



Literacy Opportunities:

Students will, by the nature of PE always have a physical literacy of movement and physical competence, alongside developing motivation, understanding and knowledge of the importance of being physically active. This will often be shared between students and staff verbally via a variety of teaching and learning methods.

Numeracy Opportunities:

These are abundant in PE lessons, scoring systems, measurements of distance and time, fitness testing scores and weight usage alongside reps and sets in fitness work.

SMSC Opportunities:

There will be lots of opportunities to develop students Spiritual, Moral, Social and Cultural understanding. Creativity in routines, Respect of others in games play, interaction with teammates and understanding the cultural origins of sports are just some examples of this coverage. Extra-curricular activities will also allow students to grow and challenge themselves.