

Key Stage 4 Physical Education (Years 9, 10 and 11)

In year 9, all students continue to rotate through a balanced curriculum that inspires our students to experience success in challenging physical activities and competitive sports. We aim for our students to become competent performers in a broad range of activities and we encourage the embedding of values such as fairness and respect. We are particularly committed to helping our students become physically and mentally confident to enable them to make choices which allow them to lead healthy, active lives.

When our students progress into Y10, they opt into a 'performance pathway' from choices listed below. The activities the students experience are reflective of the pathway they have chosen, and they follow this pathway for the entire year:

- 'Competitive Team Performance' (CTP)
- 'Competitive Individual Performance' (CIP)
- 'Participation and Healthy Lifestyles' (PHL)

Our curriculum aims are delivered and assessed through the following Key Processes:

- Developing skills in physical activity
- Making and applying decisions
- Developing physical and mental capacity
- Evaluating and improving
- Making informed choices about healthy, active lifestyles.

NB: depending on the cohort, students may be grouped into a 'GCSE PE' group for core PE, if they study this subject. This enables students to be assessed in an increased number of sports.

***NEW for 2019*:** students in year 9 will also be competing for the House in Interhouse, which takes place once a fortnight.

Setting and frequency of lessons in Physical Education

YEAR 9 SETS:

- 2 x 60 minute lessons per week
- Single gender groups: one top set boys, one top set girls, one middle ability boys, one mixed ability boys, one mixed ability girls, plus one GCSE dance group
- ***New*** Interhouse: 1 single lesson per fortnight; mixed ability.

YEARS 10 & 11:

- Grouped according to pathway choices.

The Range and Content includes:

All **Year 9 students** will be taught to use a range of tactics and strategies to outwit opponents, develop techniques and skills, experience outdoor and adventurous activities, analyse performance, and develop their own knowledge of health and fitness. This is done through 7-8 week blocks via the following activities: rugby, football, hockey, netball, cricket/rounders, Girls Active (girls only), badminton/tennis, gymnastics, athletics and dance.

All interhouse activities are delivered in single session every fortnight. Students will compete for their House in a range of sports, in mixed ability and mixed gender squads.

The **Year 10 and 11 students** will experience activities dependent on their pathways. For example:

- CTP: *team* based games (some which students have experienced already and some which are completely new), with emphasis on competitive and developing performance to win as part of a team and how one can contribute to this. Healthy and Active Lifestyles will also be explored with emphasis on improving fitness and conditioning to impact performance.
- CIP: as above, but *individual* based activities (such as badminton, climbing and athletics).
- PHL: emphasis on how to maintain a healthy and active lifestyle, with no emphasis on competition but instead developing intrinsic motivation and introducing students to a range of activities which they can pursue outside of school.