

# Core PE

**Subject Leader:** Mrs R Becks

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**Curriculum Intent:** To offer a variety of activities and give students enjoyable PE experiences to gain a lifelong love of sport and physical activity and encourage physical, mental and social wellbeing of students.

Core Knowledge	Procedural Knowledge
<p><b>Topics:</b></p> <p>In KS4 Core PE we follow a spiral curriculum which follows on from KS3. We revisit activities in Y10 and Y11. With each successive encounter learning progresses, building and deepening the knowledge of every activity with an emphasis on encouraging the well-being of students.</p> <p>Students will continue to develop a range of skills in different physical activities in a competitive and recreational environment. This will include:</p> <ul style="list-style-type: none"> <li>Invasion games.</li> <li>Net/racket games.</li> <li>Striking and fielding games.</li> <li>Fitness.</li> <li>Gymnastics.</li> </ul>	<p><b>Students will:</b></p> <ul style="list-style-type: none"> <li>Develop their skills, knowledge and understanding in PE.</li> <li>Continue to apply and build on skills learnt in competitive situations.</li> <li>Be encouraged to work both independently and as part of a team.</li> <li>Develop their own technique to improve their performance.</li> <li>Analyse their performance compared to previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
<p><b>Homework:</b></p> <p>No formal homework is set but we encourage all students to be involved in the large range of extra-curricular clubs that we offer in school.</p>	
<p><b>Assessment:</b></p> <p>We informally assess students in PE lessons. Observational, peer and teacher assessments are used throughout lessons and students receive verbal feedback to improve their performances.</p> <p>Formal assessments take place twice a year and our focus is on conduct in lessons and whether they are meeting expectations or not.</p>	
<p><b>Links to Personal Development:</b></p> <p>To work in a team and show leadership skills in both individual and team sports.</p> <p>Know how to join a sporting club outside of school.</p> <p>Increase Confidence, Resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle</p>	
<p><b>How is my knowledge developed further at Key Stage Five?</b></p> <p>Students will be offered a range of extra-curricular activities at KS5 to further skill level and ensure they are continuing to lead an active lifestyle.</p>	