

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 well-being of students.

	Core Knowledge	Procedural Knowledge
	<p>Topics: In KS4 Core PE we follow a spiral curriculum which is carried on from KS3 and whereby we revisit activities in both year 10 and 11. With each successive encounter learning progresses, building and deepening the knowledge of every activity, but with an emphasis on encouraging the well-being of students.</p> <p>Students will continue to develop from KS3 a range of skills in different physical activities in a competitive and recreational environment. This will include Invasion games Net/racket games Striking and fielding games Fitness Gymnastics</p>	<p>Students will: Develop their skills, knowledge and understanding in PE Continue to apply and build on skills learnt in competitive situations Be encouraged to work both independently and as part of a team Develop their own technique to improve their performance Analyse their performance compared to previous ones and demonstrate improvement to achieve their personal best</p>

Homework:

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.

Assessment:

We informally assess throughout PE. Observational, peer and teacher assessments are used throughout lessons and students receive verbal feedback to improve their performances. Formal assessments take place twice a year and our focus is on students behaviour and whether or not they are meeting Tipton expectations.

Links to Personal Development:

To work in a team and show leadership skills in both individual and team sports.

Know how to join a sporting club outside of school.

Increase confidence, resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle

How is my knowledge developed further at Key Stage Five (Y12 and Y13)?

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.