



# KS4 CORE PHYSICAL EDUCATION CURRICULUM



## KS4 Core PE Curriculum Intent

- To enable students to continue to develop physical literacy whilst developing an understanding of a healthy active lifestyle to encourage lifelong participation in sport.
- To continue to provide opportunities for all students to flourish in a variety of sporting experiences, some new at key stage four, to enable them to reach their potential.
- To continue to ignite passion for sport and to provide opportunity for competitions.
- To reflect school's motto of Love as Brethren.

## KS4 Core PE Curriculum Map

	Year 10	Year 11
<b>Autumn Term</b>	Badminton Dodgeball Football Basketball Table Tennis Traditional Fitness methods	Badminton Dodgeball Football <b>MOCK GCSE EXAM PERIOD</b> Basketball Fitness Table Tennis
<b>Spring Term</b>	Alternative Fitness methods Handball Volleyball Lacrosse Netball	Handball Lacrosse Netball <b>REMOCK EXAM PERIOD</b>
<b>Summer Term</b>	<b>MOCK GCSE EXAM PERIOD</b> Softball Cricket Tennis	Practical Choices for recreation and stress relief <b>GCSE EXAMS</b>

*\*The order in which students participate in these sports and the terms in which they may complete them in will vary slightly depending on the number of core and GCSE PE classes in their half of the year group.*

## KS4 Core PE Activities

<u>YEAR 10</u>	<u>YEAR 11</u>
<b><u>BADMINTON</u></b> Sport for all, student enjoyment, popularity within the school community and local area of specialism Racquet activity - links to other KS4 activities such as tennis, table tennis and volleyball Maintenance of schools' extracurricular culture Lifelong sport – health and fitness benefits	
<ul style="list-style-type: none"> <li>● Match play and tactics</li> <li>● Officiating opportunities</li> <li>● Conditioned games</li> <li>● Refining knowledge and understanding, and application of shots in game play</li> <li>● Extra-curricular opportunities</li> </ul>	<ul style="list-style-type: none"> <li>● Continuation of match play and tactics</li> <li>● Officiating opportunities</li> <li>● Implementation of a scoring system into student led tournaments</li> <li>● Extra-curricular opportunities</li> </ul>
<b><u>BASKETBALL</u></b> Teamwork, co-operation, resilience, leadership Popularity within school community Invasion game – links with other KS4 activities such as dodgeball, football, lacrosse and netball	
<ul style="list-style-type: none"> <li>● Tactical awareness eg half court press, zonal marking, screens</li> <li>● Development of skills in conditioned games</li> <li>● Knowledge of rules and officiating</li> <li>● Extra-curricular opportunities</li> </ul>	<ul style="list-style-type: none"> <li>● Knowledge of rules and officiating</li> <li>● Student led tournaments</li> <li>● Extra-curricular opportunities</li> </ul>

### CRICKET

**Love as Brethren – Fairness, integrity, teamwork, respect for diversity**  
**Sport for all, student enjoyment, popularity within the school community and local area of specialism**  
**Striking and fielding activity - links to other KS4 activities such as rounders**  
**Maintenance of schools' extracurricular culture**  
**Lifelong sport, roles for all – inclusivity**

- Tactical awareness and application of positional skills eg fielding positions, bowling variations and shot selection
- Officiating opportunities and knowledge of signals
- Conditioned 'fun' game variations to create high engagement and activity levels compared to 'traditional' cricket
- Extra-curricular opportunities

- N/A – no year 11 summer term

### DODGEBALL

**Teamwork, co-operation, resilience, leadership**  
**Improvement of hand eye coordination – catching and throwing**  
**New sport at KS4, which is a popular choice with students**  
**Net-wall activity - links to other KS4 activities such as volleyball**

- Tactical awareness – how to achieve success as a team (in different scenarios given)
- Adapted game play to work on different skills involved e.g., accuracy of throw.
- Variety of full games

- Use of variety of full games
- Student led tournaments
- Opportunities for 'gamification' of dodgeball – increase student knowledge and engagement

### FITNESS

**Encouragement of a healthy active lifestyle, personal health development; life-long benefits (including during GCSEs)**  
**Resilience, determination, long term goal setting**  
**Underpinning of all sporting activities**

- 1<sup>st</sup> rotation focus on traditional forms of exercise – weight training, circuit training etc
- Understanding of use of free weights for strength development and technique coaching.
- Implementation of fitness for health benefits
- 2<sup>nd</sup> rotation focus on alternative forms of exercise such as yoga, HIIT, pilates, zumba, boxercise
- Fun, engaging, new, accessible at home in small spaces
- Preparation for lifelong fitness
- Extra-curricular opportunities

- Development of techniques eg compound lifts for students wishing to focus on weight training
- Idea of CrossFit style workout of the days/student led workouts
- Focus on students forming their own fitness plans/bringing their fitness into school – variety of methods used
- Extra-curricular opportunities

### FOOTBALL

**Teamwork, co-operation, resilience, leadership**  
**Popularity within school community both in and out of school**  
**Development of schools' extracurricular culture**  
**Invasion game – links with other KS4 activities such as dodgeball, handball, lacrosse and netball**  
**New sport at KS4, which is a popular choice with students whilst maintaining core LasB values**

- Development of skills – passing, ball control, tackling
- Development of tactics and positional play in conditioned games
- Extra-curricular opportunities from Year 10-13

- Conditioned larger group drills/games to develop team skills
- Student led competitions
- Extra-curricular opportunities from Year 10-13

### HANDBALL

**Teamwork, co-operation, resilience, leadership**  
**Invasion game – links with other KS4 activities such as dodgeball, football, lacrosse and netball**  
**New sport at KS4, which is a popular choice with students**

- Development of catching, passing, dribbling learnt in other sports (netball/basketball) and application to handball
- Development of skills and tactics in game play
- Links to other games activities – netball, basketball, football
- Knowledge of rules and officiating

- Implementation of skills and tactics in game play
- Student led competitions
- Opportunities for officiating

### LACROSSE

**Teamwork, co-operation, resilience, leadership**  
**Invasion game – links with other KS4 activities such as dodgeball, football, lacrosse and netball**  
**New sport at KS4, which is a popular choice with students**

- Development of core skills of lacrosse in drills – catching and passing
- Links to other games activities – hockey, football
- Development and understanding of tactics in game play
- Knowledge of rules introduced

- Implementation of skills and tactics in game play
- Student led competitions
- Development of more complex rules

<p><b><u>NETBALL</u></b>  <b>Teamwork, co-operation, resilience, leadership</b>  <b>Popularity within school community both in and out of school</b>  <b>Invasion game – links with other KS4 activities such as dodgeball, football, lacrosse and basketball</b>  <b>Local area of specialism, local clubs and opportunities beyond school</b>  <b>Maintenance of school success</b></p>	
<ul style="list-style-type: none"> <li>• Development of understanding of set plays</li> <li>• Tactical awareness</li> <li>• Opportunities for leadership and officiating roles.</li> <li>• Links to other games activities eg basketball, handball, lacrosse</li> <li>• Extra-curricular opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Student led competitions</li> <li>• Conditioned games to continue development of core skills and tactics</li> <li>• Extra-curricular opportunities</li> </ul>
<p><b><u>ROUNDERS</u></b>  <b>Sports for all, student enjoyment, popularity within the school community</b>  <b>Striking and fielding activity - links to other KS4 activities such as cricket and softball</b>  <b>Maintenance of schools' extracurricular culture</b></p>	
<ul style="list-style-type: none"> <li>• Refining of batting and fielding techniques eg, direction of hit</li> <li>• Leadership and officiating opportunities within full games</li> <li>• Tactical awareness within full sided matches</li> <li>• Link to other striking and fielding activities eg cricket</li> <li>• Extra-curricular opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• N/A – no year 11 summer term</li> </ul>
<p><b><u>SOFTBALL</u></b>  <b>Sports for all, student enjoyment, popularity within the school community</b>  <b>Striking and fielding activity - links to other KS4 activities such as cricket and softball</b></p>	
<ul style="list-style-type: none"> <li>• Introduction of rules</li> <li>• Opportunities for officiating</li> <li>• Fielding techniques developed – use of gloves</li> <li>• Tactical knowledge introduced</li> <li>• Positional responsibilities developed</li> <li>• Game play</li> </ul>	<ul style="list-style-type: none"> <li>• N/A – no year 11 summer term</li> </ul>
<p><b><u>TABLE TENNIS</u></b>  <b>Sports for all, student enjoyment</b>  <b>Racquet activity - links to other KS4 activities eg badminton, tennis</b>  <b>Lifelong sport – health and fitness benefits</b></p>	
<ul style="list-style-type: none"> <li>• Development of knowledge of the scoring system and rules of play</li> <li>• Development of technique used – including use of spin and movement around table</li> <li>• Match play and tactics – singles and doubles</li> </ul>	<ul style="list-style-type: none"> <li>• Student led tournaments</li> <li>• Variation in conditioned games to develop core skills</li> <li>• Officiating and scoring opportunities</li> </ul>
<p><b><u>TENNIS</u></b>  <b>Sports for all, student enjoyment, tradition and popularity within the school community and local area of specialism</b>  <b>Racquet activity - links to other KS4 activities eg badminton, table tennis</b>  <b>Lifelong sport – health and fitness benefits</b>  <b>Maintenance of schools' extracurricular culture</b></p>	
<ul style="list-style-type: none"> <li>• Development of knowledge of scoring and tactics within full court games.</li> <li>• Singles and doubles play</li> <li>• Variations of games used to increase success and engagement</li> <li>• Extra-curricular opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• N/A – no year 11 summer term</li> </ul>
<p><b><u>VOLLEYBALL</u></b>  <b>Teamwork, co-operation, resilience, leadership</b>  <b>Improvement of hand eye coordination – catching and throwing</b>  <b>New sport at KS4, which is a popular choice with students</b>  <b>Net-wall activity - links to other KS4 activities such as volleyball</b></p>	
<ul style="list-style-type: none"> <li>• Introduction of core skills</li> <li>• Introduction of rules of play</li> <li>• Conditioned short games</li> <li>• Opportunities to score and officiate</li> </ul>	<ul style="list-style-type: none"> <li>• Development of skills in advanced drills</li> <li>• Implementation of tactics and positional play on court</li> <li>• Student led competitions/longer full games</li> <li>• Opportunities to score and officiate</li> </ul>

The Key Stage 4 Curriculum, accompanied by the extensive CCCS extra-curricular programme, provides the basis for students to have a lifelong passion for physical activity whilst understanding the importance of a healthy, active lifestyle.



**LOVE AS BRETHREN**