

## Core Physical Education – Key Stage 4 Overview

### Overall intent of KS4 Core PE curriculum

To foster the development of skills and inspire a deep-rooted knowledge in a broad range of activities, whilst developing the character of a polite, respectable citizen, equipped with the ability, awareness and inspiration to partake in lifelong physical activity.

### Pathways Curriculum

#### **Intent**

To equip students with the skills and confidence in their chosen areas to partake in exercise beyond the PE curriculum building upon the prior learning developed at KS3.

#### **Implementation**

4 pathways:

1. Health and Well Being – aim to develop skills on how to exercise for fitness and impact upon health and wellbeing of students. Introduce a range of exercise opportunities students may partake in outside the PE curriculum and post 16. Activities such as Weight training, circuit training, fartlek training/running, Exercise classes such as HIIT, Zumba, CrossFit, step, aerobics, Yoga etc.
2. Performance – aim to progress from Phase 3 learning and further develop skill, competency and tactical awareness in a competitive environment. Activities such as rugby, football, netball, basketball, badminton, table tennis, volleyball etc. This will also feed into GCSE PE and Sports Studies practical sport development.
3. Recreation – aim to play and be active for enjoyment. Secondary aim to introduce a further breadth to the curriculum via emerging sports to inspire students to be active for enjoyment and find a suitable activity for lifelong participation. Activities such as 5 a side football, ultimate frisbee, bench ball, handball, badminton, unihoc, Gaelic football etc.
4. Leadership – aim to develop leadership skills in the form of coaching, officiating and competition development. Aim is to equip students with skills and confidence to move into coaching/officiating as well as develop key transferable skills that are essential in all walks of life and career paths. Activities would include – officiating games, organising competitions for peers, coaching peers in sports such as football, badminton, netball, basketball, table tennis, handball, bench ball etc.

#### **Impact**

Provide skills, knowledge, inspiration and confidence to take part in physical activity outside of the KS4 curriculum and into lifelong participation.

\*Note

GCSE PE Students – must opt for the performance pathway should their sport be in that pathway. Must also complete 1 H&W pathway during the year.

OCR Sports Studies students – must opt for the performance pathway should their sport be in that pathway. Must also opt for 1 leadership pathway over the year.

## Boys Pathways

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<p><b><u>PERFORMANCE PATHWAY</u></b></p> <p>Facility – Outdoor</p> <p>Activities – Rugby and Football</p> <p>3 weeks on each activity</p> <p><b><u>RECREATION PATHWAY</u></b></p> <p>Facility – Gym/outdoor</p> <p>Rotation of activities – handball/football/basketball/volleyball/table tennis etc.</p>	<p><b><u>HEALTH AND WELLBEING PATHWAY</u></b></p> <p>Facility – indoor – Sportshall or outside</p> <p>Activities – weight training, crossfit and outdoor fitness – continuous training, couch to 5k</p> <p><b>1 x Careers lesson – Personal Trainer</b></p> <p><b><u>RECREATION PATHWAY</u></b></p> <p>Facility – sportshall and outdoor</p> <p>Activities - Volleyball and options in sportshall e.g. 5 a side, badminton. Outdoor football, Gaelic football</p>	<p><b><u>HEALTH AND WELLBEING PATHWAY</u></b></p> <p>Facility – Outdoor and Gym</p> <p>Activities – Outdodor – continuous, fartlek, sprint training, couch to 5k, Indoor – weights, circuits, Crossfit</p> <p><b><u>LEADERSHIP PATHWAY</u></b></p> <p>Facility – Gym/outdoor</p> <p>Activities – Table Tennis, football</p> <p><b>1 x Careers lesson – Sports Coach</b></p>	<p><b><u>PERFORMANCE PATHWAY</u></b></p> <p>Facility – Sportshall and outdoor</p> <p>Activities – 3 weeks on each of Badminton/Basketball, Rugby</p> <p><b>1 x Careers lesson - Statistician</b></p> <p><b><u>LEADERSHIP PATHWAY</u></b></p> <p>Facility - Sportshall</p> <p>Activities – Volleyball, Handball, basketball/football</p>	<p><b><u>ATHLETICS</u></b></p> <p>Performing at maximum Levels</p> <p>Aiming to improve PBs</p> <p>Lower ability – mod athletics – training for athletics – may include more fitness based activities rather than actual athletic events</p>	<p><b><u>RECREATIONAL PATHWAY – OPTIONS</u></b></p> <p>Outdoor options for all groups for first 3 weeks of term</p> <p><b><u>STRIKING AND FIELDING</u></b></p> <p>Outdoor</p> <p>Mod cricket, softball, rounders</p>

## Girls Pathways

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<p><b><u>PERFORMANCE PATHWAY</u></b></p> <p>Facility – Sportshall/outdoor</p> <p>Activities – Netball and Badminton</p> <p><b><u>RECREATION PATHWAY</u></b></p> <p>Facility – Sporthall</p> <p>Activities – Netball and Badminton</p>	<p><b><u>HEALTH AND WELL BEING PATHWAY</u></b></p> <p>Facility – Gym/outdoor</p> <p>Activities – couch to 5k, running for fitness</p> <p><b>1 x Careers lesson - Personal Trainer</b></p> <p><b><u>LEADERSHIP PATHWAY</u></b></p> <p>Facility – Gym</p> <p>Activities - Football, benchball, Table Tennis</p> <p><b>1 x Careers lesson - Sports Coach</b></p>	<p><b><u>RECREATION PATHWAY</u></b></p> <p>Facility – Sportshall/outdoor</p> <p>Activities – Unihoc, Badminton, options</p> <p><b><u>LEADERSHIP PATHWAY</u></b></p> <p>Facility – Sportshall/Outdoor</p> <p>Activities – Basketball and Volleyball</p>	<p><b><u>HEALTH AND WELL BEING PATHWAY</u></b></p> <p>Facility – Gym/Outdoors</p> <p>Activities – HIIT, Yoga, Dance, Pilates</p> <p><b><u>PERFORMANCE PATHWAY</u></b></p> <p>Facility – Outdoor</p> <p>Activities – Rugby/Football and Netball</p> <p><b>1 x Careers lesson - Statistician</b></p>	<p><b><u>ATHLETICS</u></b></p> <p>Performing at maximum Levels</p> <p>Aiming to improve PBs</p> <p>Lower ability – mod athletics – training for athletics – may include more fitness based activities rather than actual athletic events</p>	<p><b><u>RECREATIONAL PATHWAY – OPTIONS</u></b></p> <p>Outdoor options for all groups for first 3 weeks of term</p> <p><b><u>STRIKING AND FIELDING</u></b></p> <p>Outdoor</p> <p>Rounders</p>

## Mapping

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<p><b><u>Week 1 -3</u></b></p> <p>Boys Performance – Outdoor - Rugby</p> <p>Boys recreation – gym</p> <p>Girls Performance – Outdoor – Netball</p> <p>Girls Recreation – Sportshall – badminton</p> <p><b><u>Week 4-6</u></b></p> <p>Boys Performance – Outdoor - Football</p> <p>Boys recreation – gym (Outdoor if chose Football)</p> <p>Girls Performance – Sportshall - Badminton</p> <p>Girls Recreation – Outdoor - Netball</p>	<p><b><u>Week 1 -3</u></b></p> <p>Boys H&amp;W – Sportshall</p> <p>Boys Recreation - Outdoor</p> <p>Girls H&amp;W - Gym</p> <p>Girls Leadership - Outdoor</p> <p><b><u>Week 4-6</u></b></p> <p>Boys H&amp;W – Outdoor</p> <p>Boys Recreation - Sportshall</p> <p>Girls H&amp;W - Outdoor</p> <p>Girls Leadership - Gym</p>	<p><b><u>Week 1 -3</u></b></p> <p>Boys H&amp;W – Gym</p> <p>Boys Leadership – Outdoor</p> <p>Girls Recreation – Sportshall</p> <p>Girls leadership - Sportshall</p> <p><b><u>Week 4-6</u></b></p> <p>Boys H&amp;W – Outdoor</p> <p>Boys Leadership – Gym</p> <p>Girls Recreation – Sportshall</p> <p>Girls leadership - Sportshall</p>	<p><b><u>Week 1 -3</u></b></p> <p>Boys performance – Outdoor - rugby</p> <p>Boys – Leadership – Sportshall – Volleyball/handball</p> <p>Girls H&amp;W – gym</p> <p>Girls Performance - Outdoor</p> <p><b><u>Week 4-6</u></b></p> <p>Boys performance – Sportshall – Badminton/Basketball</p> <p>Boys – Leadership – Outdoor – Basketball/football</p> <p>Girls H&amp;W – gym</p> <p>Girls Performance - Outdoor</p>	<p>ALL GROUPS OUTDOOR – TIMETABLE OF ACTIVITIES VIA WHITEBOARD SO FACILITIES ARE SHARED</p>	<p>Recreational activities – facilities agreed and shared lesson by lesson.</p> <p>Striking and Fielding all outdoors.</p>