



**Curriculum Intent:** During KS4 Core PE students will explore a wide variety of sporting activities with the majority of learning taking place through gameplay, conditioned games and competitions. Students are given option choices so that they participate in sports they enjoy and can then focus on developing and executing key tactics and strategies. Students studying GCSE PE or Cambridge National Sports Studies can use core PE lessons to provide assessment evidence for their chosen sports as well as preparing to take part in Wellington Sports fixtures. There is also a focus on Health, Fitness and Well-being enabling students to use sport to improve a range of key lifestyle benefits. Students are expected to be actively involved in all aspects of PE and can develop leadership, coaching, officiating and performance analysis skills as well as improving key components of fitness.

<b>KS4 core PE activities</b>	Football, Handball, Netball, Badminton, Basketball, Fitness, Rugby, Tennis, Aerobics, Softball, Rounders, Athletics, Table Tennis, Dodgeball, Yoga, Zumba, Cross-Country.		
<b>Year 10/11</b>	<b>Units are taught in a carousel – groups will access at different times throughout the year.</b>		
	Unit 1	Unit 2	Unit 3
<b>Knowledge</b> (facts, information, concepts and key terminology)	How to work as a team to demonstrate the application and execution of key skills. T The importance of leading healthy active lives and be physically active for sustained periods of time.	How to use and develop a variety of tactics and strategies to overcome opponents in team and individual games.	Use knowledge gained in lessons to continue to take part regularly in competitive sports and activities outside of school through community links or sport clubs.
<b>Understanding</b> (ability to connect and synthesise knowledge within a context)	How to plan, execute and evaluate key tactics and strategies during different activities. How to consistently demonstrate the school values within an activity and take a lead role in warm-ups, cool-downs and skill-based practices.	Demonstrate the school values in lessons and focus on making marginal gains over each unit of work to demonstrate progress over time.	Understand the positive impact that regular physical exercise can have on components of fitness, health and well-being.
<b>Skills</b> (successful application of knowledge and understanding to a specific task)	Demonstrate Apply Analyse Evaluate	Demonstrate Apply Analyse Evaluate	Demonstrate Apply Analyse Evaluate
<b>Formal Assessments</b> (those done by all/vast majority of the cohort)	Teacher observation and Feedback Assessment criteria for GCSE PE of Cambridge National Sports Studies Peer-assessment Self-assessment	Teacher observation and Feedback Assessment criteria for GCSE PE of Cambridge National Sports Studies Peer-assessment Self-assessment	Teacher observation and Feedback Assessment criteria for GCSE PE of Cambridge National Sports Studies Peer-assessment Self-assessment