

St Gabriel`s Curriculum Planning: KS4 Core PE

Intent	At St. Gabriel`s the intent of our PE department is to provide our children with a fun, engaging and purposeful Physical Education which prepares our young learners for lifelong participation, living a healthy, active and fulfilling lifestyle. It is vital that our pupils gain a strong knowledge, skills and understanding of a wide range of sports and in doing so, promote diversity and different cultures. We pride ourselves on being respectful and upholding our core beliefs, Sporting and Catholic Values.					
KS3	Time	10	11	KS4	KS5	Careers
<p>Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p>They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> -use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -develop their technique and improve their performance in other competitive sports -perform dances using advanced dance techniques 	HT1- 8 lessons	<p>Examined PE Boys: Football</p> <p>Examined PE Girls: Netball</p> <p>Sports Leadership 1: Unit 1 Fitness</p> <p>Sports Leadership 2:Unit 1 Football</p>	<p>Examined PE Boys: Football 8 lessons</p> <p>Examined PE Girls: Netball 8 lessons</p> <p>Core 1: Fitness/HRF</p> <p>Core 2: Football</p>	<p>Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Pupils should be taught to:</p> <ul style="list-style-type: none"> -use and develop a variety of tactics and strategies to overcome opponents in team and individual games -develop their technique and improve their performance in other competitive sports or other physical activities -take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group - evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best -continue to take part regularly in competitive 	<p>Apply knowledge and understanding from the different areas outlined in the subject content above to physical activity and sport</p> <ul style="list-style-type: none"> -use theories, concepts, principles and models to analyse and evaluate physical activity and performance -discuss, make judgements, present arguments and draw conclusions about aspects of physical activity and sport -interpret and analyse a range of data, graphical representations and diagrams in the context of physical activity and performance -use critically and constructively a range of source material related to physical activity and performance -perform a range of skills and techniques in physical activity and sport make decisions, implement strategies, tactics and/or compositional ideas, and apply knowledge and understanding of rules and regulations while performing physical activity and sport -apply knowledge and understanding of theories, concepts, principles and methods to physical activity and performance 	<p>The qualification and participation in PE provides an insight and leads to the following careers: Coach, instructor, development officer, PE teacher, physiotherapist, psychologist, leisure opportunities, journalism, marketing.</p>
	HT2- 7 lessons	<p>Examined PE Boys: Fitness</p> <p>Examined PE Girls: Trampolining</p> <p>Sports Leadership 1: Unit 1 Football</p> <p>Sports Leadership 2: Unit 1 Fitness</p>	<p>Examined PE Boys: Rugby 4 lessons/Handball 4 lessons</p> <p>Examined PE Girls: Football 4 lessons/Handball 4 lessons</p> <p>Core: Trampolining/Badminton:</p> <p>Core: Basketball</p>			
	HT3- 6 lessons	<p>Examined PE Boys: Rugby</p> <p>Examined PE Girls: Fitness</p> <p>Sports Leadership 1: Unit 2 ½ Sports Hall</p> <p>Sports Leadership 2: Unit 2 ½ Sports hall</p>	<p>Examined PE Boys: Badminton 4 lessons/TBC</p> <p>Examined PE Girls: Trampolining 4 lessons</p> <p>SC based on activities chosen</p> <p>Core: TBC based on activities chosen</p>			
	HT4- 6 lessons	<p>Examined PE Boys: Basketball</p> <p>Examined PE Girls: Football</p> <p>Sports Leadership 1: Unit 2 1/2 SH</p> <p>Sports Leadership 2: Unit 2 ½ SH</p> <p>Groups may need to change venue based on Examined PE boys needs in terms of a basketball court.</p>	ALL TBC			
	HT5- 6 lessons	<p>Examined PE Boys: Handball</p> <p>Examined PE Girls: Handball</p> <p>Sports Leadership 1: Unit 3 OE</p> <p>Sports Leadership 2: Unit 3 OE</p>				

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<p>within a range of dance styles and forms</p> <p>-take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>-analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>-take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>HT6- 7 lessons</p>	<p>Examined PE Boys: Cricket</p> <p>Examined PE Girls: Rounders</p> <p>Sports Leadership 1: Unit 3 outside striking and fielding/net+wall (Badminton)</p> <p>Sports Leadership 2: Unit 3 outside striking and fielding/net+ wall (Badminton)</p>		<p>sports and activities outside school through community links or sports clubs.</p>	<p>-evaluate performance in physical activity and sport, applying relevant knowledge and understanding</p>	
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