

Subject	Year	Term
Physical Education	10	Autumn 1
Topic		
Develop Tactics, Strategies and Technique through games. Introduce leadership roles. Consolidate an understanding of Healthy Active Lifestyle through Fitness.		
Content (Intent)		
Prior Learning (Topic) Key Stage 3 embedding consistency of technique, game understanding and performance through invasion and net games.		
The intent for Key Stage 4 is on engagement, enjoyment, creating a supportive learning environment and promoting lifelong participation in sport. We also intend to support students in their understanding of how sport can support their physical, social and mental well-being into adulthood.		
Boys and girls will complete a rotation of different activities on their KS4 PE journey alongside a comprehensive extra-curricular house, district, county and regional representative offering.		
Sports rotations in the Autumn and Spring term are made up of the following activities:		
Badminton, CV Sessions, Football, Hockey, Netball, Power Walking, Rugby, Table Tennis, Weight Training and Yoga		
Future Learning (Topic) Develop Tactics, Strategies and Technique through games. Develop leadership roles. Consolidate an understanding of Healthy Active Lifestyle through Fitness		
How will knowledge and skills be taught? (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p>INVASION GAMES: Basic ball work will remain essential for pupils in KS4. Care must be taken to ensure any such practice is varied and challenging for all abilities. Games should be developed and enlarged to full-sided versions where appropriate. (Pupil led is desirable) It may be relevant for pupils to further enhance their knowledge and ability in chosen specific positional skills.</p> <p>Existing skills refined in pressure situations. Pupils should be involved in coaching and officiating. Pupils given the opportunity to plan team tactics that involve everyone playing to their own strengths. Set plays and principles of attack and defence to be developed. Relevant warm-up routines should be employed by pupils,</p> <p>NET GAMES: Basic stroke work will remain essential for all pupils. Care must be taken to ensure any practice is varied and challenging for all abilities. Conditioned and full games should be employed to further develop individual technique and to develop tactical understanding and appreciation of rules of the game and their importance. These games should be developed and enlarged where appropriate (i.e. doubles). Pupils experience role of umpire/scorer in singles and doubles play.</p> <p>FITNESS ACTIVITIES: Relevant warm-up routines should be developed, preparing the circulatory and skeletal, muscular systems for exercise. Students to use circuit cards in fitness suite to achieve a balanced work out over each lesson recording progress and avoiding tedium. Practices should wherever possible involve the pupils in physical activity highlighting understanding and the appreciation of a principle of training. Students will discuss the importance of setting realistic fitness goals and will demonstrate and practice ways to avoid risk and injury during exercise.</p>	<p>Pupils to be assessed in line with expected Key Stage 4 progression. Effort and progress reported in termly interims, parents evenings and full report.</p> <p>Core skills for assessment to include:</p> <p>Ability to perform skills individually and in game situations, where appropriate under pressure.</p> <p>Understanding of specific roles in a team and tactical awareness.</p> <p>Ability to act as officials in small and full size games.</p> <p>Ability to assist with and on occasion lead, teaching within lesson structure and demonstrate confidence, technique and understanding in developing tactical play.</p> <p>Understand principles of warm-up and cool-down particularly relevant to activity.</p>	
How can parents help at home?		
Encourage students to eat healthy and participate in some form of physical activity outside of school. Also encourage engagement in extra-curricular school sport and representation. Discuss the importance of the role of sport in developing their child's physical, mental and social well-being alongside the school's well-being aims.		
Helpful further reading/discussion		
<p>Reading/ Vocabulary Lists</p> <p>Warm-up and cool down. Sets and Reps in weights. Key muscle groups in stretching. Understanding of key terms and technical language in selected activities.</p>	<p>Numeracy</p> <p>Pupils can use of sports specific scoring systems in full or modified games. Understanding of how weights can be used to develop strength/endurance.</p>	<p>Careers Links</p> <p>Roles in coaching and sports leadership. Medical roles looking at cardio-vascular fitness and sports rehabilitation.</p>