

| Subject | Year | Term |
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| Physical Education | 11 | Summer 1 |
| Topic | | |
| Enhance understanding of Tactics, Strategies and Technique through games. Further develop leadership roles. Encourage Fitness for life and prepare for sport post 16 | | |
| Content (Intent) | | |
| Prior Learning (Topic) Enhance understanding of Tactics, Strategies and Technique through games. Further develop leadership roles. Encourage Fitness for life and prepare for sport post 16 | | |
| The intent for Key Stage 4 is on engagement, enjoyment, creating a supportive learning environment and promoting lifelong participation in sport. In Year 11 the focus is on game play and active sports participation as a balance to GCSE subjects. We also intend to support students in their understanding of how sport can support their physical, social and mental well-being into adulthood and encourage coaching and leadership roles outside of school. 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 Summer term are selected from: Cricket, Rounders, Softball and Tennis | | |
| Future Learning (Topic) Post 16 Education | | |
| How will knowledge and skills be taught? (Implementation) | How will your understanding be assessed & recorded (Impact) | |
| STRIKING/FIELDING GAMES: Pupils to lead warm-up including basic skills. Full games in rounders and softball and modified games in cricket to be the main activity. Focus will be on rules, tactics, and positional play which students discuss and develop within teams. Competition should be added in lessons developed over a series on lessons if possible. Existing skills refined in competitive game 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. NET GAMES: Basic skills will be part of pupil led warm-ups each lesson. In volleyball lessons teachers to lead new skills. Game play is the main focus of each unit with full court competitive games used. This may take a series of lessons and can be split between singles/ doubles in tennis dependant on the skill level of the group. Different skills and tactics developed within games alongside positional play with full game scoring and rules adopted in all cases. Pupils experience role of umpire/scorer in singles and doubles play. | Pupils to be assessed in line with expected Key Stage 4 progression. Effort and progress reported in termly interims, parents evenings and full report. Core skills for assessment to include: Ability to perform skills individually and in game situations, where appropriate under pressure. Understanding of specific roles in a team and tactical awareness. Ability to act as officials in small and full size games. Ability to assist with and on occasion lead, teaching within lesson structure and demonstrate confidence, technique and understanding in developing tactical play. Understand principles of warm-up and cool-down particularly relevant to activity. | |
| 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 | | |
| Reading/ Vocabulary Lists Warm-up and cool down. Key muscle groups in stretching. Understanding of key terms and technical language in selected activities. Fielding positions and placements. | Numeracy Pupils can use of sports specific scoring systems in full or modified games | Careers Links Roles in coaching and sports leadership. Medical roles looking at cardio-vascular fitness and sports rehabilitation. A Level PE qualifications post 16. |