## Course Title: KS4 Core PE Overview

**Course Description:**

Over the key stage 4 PE curriculum students will physically complete a variety of sporting activities. Students will build on previous knowledge gained in KS3 to tackle complex and demanding physical activities. They will complete a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Through pupil voice, students are given the opportunity to participate in sports and physical activities they feel are more suited to them. Whilst some activities may change from group to group or academic year, all students at Hathershaw will complete a unit on fitness and the long term benefits of a healthy lifestyle. This is extremely important as we prepare students from life away from Hathershaw. Activities that may be completed include: football, dodgeball, fitness, cricket, badminton, netball, rounders, trampolining.

## What your child needs to know and be able to do:

Students should:

- be able to demonstrate and refine techniques in a variety of physical activities
- know how to progress in physical activity, including the ability to adapt techniques in response to feedback and changing conditions
- know and understand the components of physical fitness
- demonstrate an understanding of the importance of a structured warm-up and cool-down for injury prevention
- be able to evaluate their own performance and that of others
- be able to respond positively to feedback and make adjustments to improve technique and tactics
- have a strong understanding of the rules and regulations of different sports and how they impact gameplay and strategy
- be able to communicate between teammates
- be able to demonstrate a standard of Leadership. This could be through motivating a team during activities or taking ownership of equipment, completing warm ups
- to demonstrate fair play: This can be through following the rules and showing respect for others in sport
- be able to demonstrate good ethics and moral principles related to playing sports fairly and responsibly
- be able to follow rules and their purpose in ensuring fairness and safety

- be able to use tactics and short-term strategies to help gain an advantage during a game (e.g. positioning, passing strategies)

## Topic Sequencing:

Students complete a unit of activity for 8 lessons. This allows for sufficient depth and breadth of knowledge to be gained on that particular activity. This will build on previous knowledge gained in KS3. Each sport is taught in rotation style across the key stage.

## Key Vocabulary:

**Health & Well-being Terms**

- Mental Health: Emotional, psychological, and social well-being
- Self-esteem: Confidence in one's own worth or abilities
- Motivation: The drive or desire to engage in physical activity

**Sporting Terms**

- Tactics: Strategies used in a sport to gain an advantage over the opponent
- Techniques: The specific methods or movements used to perform skills effectively
- Form: The technique or body position used during a particular movement or skill

**Fitness & Training Terms**

- Aerobic: Exercise that requires oxygen and improves cardiovascular endurance (e.g., running, swimming)
- Anaerobic: Short bursts of intense exercise that do not rely on oxygen (e.g., sprinting, weightlifting)
- Muscular Strength: The maximum amount of force a muscle can generate
  Muscular Endurance: The ability of muscles to repeatedly exert force over a period of time
- Flexibility: The range of motion around a joint
- Cardiovascular Endurance: The ability of the heart and lungs to supply oxygen to the muscles during sustained physical activity
- Speed: The ability to move the body or parts of the body quickly
- Power: The combination of strength and speed, e.g., explosive movements like jumping or sprinting
- Agility: The ability to move and change direction quickly and effectively

- Balance: The ability to maintain control of your body's position, either stationary or moving
- Coordination: The ability to use different parts of the body together smoothly and efficiently
- Reaction Time: The time it takes to respond to a stimulus

**Body Systems**

- Circulatory System: Includes the heart, blood, and blood vessels and is responsible for transporting oxygen and nutrients.
- Respiratory System: Includes the lungs and airways, responsible for taking in oxygen and expelling carbon dioxide.
- Skeletal System: The bones and joints of the body, providing structure and protection.
- Muscular System: The muscles responsible for movement and stability.

## Formative & Summative Assessment Information

Students are not formally assessed in Core PE and will not receive a GCSE grade at the end of Year 11. Students are given information that they are expected to know, understand, and be able to show through their lessons. Students are expected to show tactical awareness and be able to evaluate their own performance. Students may also be able to describe and show the impact of sport and physical activity in their life. This will be assessed by their teachers at the end of each unit. Teachers give students verbal feedback on how to improve their knowledge, skills and understanding.