

Physical Education Curriculum Plans for Key stage 4

The aims of the curriculum are to ensure all students:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

We ensure that students are taught to:

- 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 sports and activities outside school through community links or sports clubs

To achieve the above aims, we will participate in some of the following sports:

Compulsory:

Outdoor & Adventurous Activities

Other:

Football

Rugby

Basketball

Gymnastics

Athletics

Rounders

Softball

Handball

Dodgeball

Hockey

Badminton

Badminton

Cricket

Short Tennis

Table Tennis

Netball

Volleyball

Trampolining

Dance

Fitness

Outdoor Pursuits