

<b>OVERVIEW</b>	<p>Our inclusive curriculum is driven by three themes: <b>performance, leadership, and health</b>. These skills form a framework which is designed to progressively improve students' knowledge, skills and understanding, whilst building character and leadership skills and ensuring students are physically active for sustained periods of time. At KS4 we aim to further develop students understanding of the importance of activity and social health, short/long term effects of exercise, maintaining a healthy lifestyle, good habits and training for purpose.</p>		
<b>AUTUMN</b>	<p><b>Football, Rugby, Badminton, netball</b></p> <p>Students will develop the advanced key skills within each activity such as working as a team within a team. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a competitive match and how they can be adapted within a match. Students will expand on their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match.</p> <p>In fitness, students will develop their knowledge of fitness testing, methods of training and exercise intensity.</p>	<p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Performing the skills for each activity.</li> <li>• Knowledge of the rules of the activity.</li> <li>• Understanding of a healthy lifestyle.</li> <li>• Understanding fitness for improved performance.</li> </ul>	<p><b>Personal Development</b></p> <p><b>Concepts included:</b></p> <ul style="list-style-type: none"> <li>• Health and fitness</li> <li>• Aerobic and anaerobic exercise</li> <li>• Activity and social health</li> <li>• Short/long effects of exercise</li> </ul>
<b>SPRING</b>	<p><b>Football, Badminton, Fitness, trampolining, Tennis</b></p> <p>Students will develop the advanced key skills within each activity. They will enhance their officiating skills by playing an active part in an officiating team during a game. Students will expand on their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match. They will understand the importance of each position and assigning the correct player to each position.</p> <p>Students will have greater exposure to full sided games following all the rules for the sport, consistently apply the rules of each activity.</p>	<p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Performing the skills for each activity.</li> <li>• Knowledge of the rules of the activity.</li> <li>• Understanding of a healthy lifestyle.</li> <li>• Officiating performance.</li> </ul>	<p><b>Personal Development</b></p> <p><b>Concepts included:</b></p> <ul style="list-style-type: none"> <li>• Competition</li> <li>• Personal fitness</li> <li>• Good habits</li> <li>• Training for purpose</li> <li>• Maintaining health</li> <li>• Enjoyment</li> </ul>
<p><b>Useful resources for supporting your child at home</b></p> <ul style="list-style-type: none"> <li>• Full PE kit suitable for indoor and outdoor, warm and cold weather lessons.</li> <li>• <a href="https://www.nhs.uk/healthier-families">https://www.nhs.uk/healthier-families</a></li> </ul>		<p><b>Co-Curricular</b></p> <p>Students are regularly encouraged to join the co-curricular sports clubs on offer. We offer a range of activities for both recreation and competition. These include Football, Netball, Badminton, Rugby, Trampolining, Basketball, Fitness, Rounders, Cricket, Athletics and Tennis.</p>	