

TCS KS4 Physical Education Curriculum

Key Stage 4

Below is an example of what it could look like. However, student voice will influence what activities are available on each path ways pupils can change each half term which pathway they are on.

By providing Pupils with a range of choices of activities they might continue to do when they leave school helping them lead a healthy active life style, as well as providing an active engaging and fun stress relief during a high pressured time in their lives.

Year 10/11	Games (Girls)	Games (Boys)	Aesthetics	Alternative activities	Fitness	Leadership
	Netball	Rugby	Dance	Street surfing	Fitness suite	Leadership skills
	Football	Basketball	Gymnastics	Golf /Horse Riding	Circuits	Leading a small group
	Dodgeball	Football	Trampolining	Climbing	Spinning	Leading primary pupils
	Benchball	Dodgeball	Parkour	Orienteering	Class tasters	Organising a tournament
	Basketball	Softball	Street dance	Badminton	Fitness Suite	Running a tournament
	Rounder's	Cricket	Urban Dance	Table tennis	Athletics	Leading a full session

KS4 Physical Education

Career and Further Education opportunities

Event/Content	Detail
Opportunity for KS4 students to attend a trip to UCFB London	Students have the chance to visit a Sports specific University which offers a large range of courses all within sport. This includes a tour of Wembley giving an experience of professional sport.
Sixth Form Taster Day	The PE department host taster lessons providing students with a taster of Level 2/3 courses at Post 16

Alumni Links	Alumni links within the SF give opportunity for previous Sports students to return and task to KS4 students in raising aspirations in Sport
NSSW – Masterclass events	Sporting masterclass days held at Exeter and Plymouth Uni give students studying Sport at Level 2 the chance to attend workshops to support learning and raise aspirations.
NSSW – Apprenticeship talks	KS4 students have access to on-site talks facilitated by NSSW. They have student ambassadors from HE/FE available to talk about apprenticeship progression routes in Sport.
Enrichment opportunities	For some activities KS4 students are invited to join Post 16 activities to add the transition and raise performance and aspirations in Sport. This includes team sports such as Football and Netball. Enrichment such as Surfing is also often as an extension to the curriculum of KS4 students.
Affiliation to Speakers for Schools Programme	Termly the School is visited by a high profile speaker – Autumn 2020 is a Sports speaker from a company giving an insight into his career and how to reach the top.
Year 10 Work experience	Students are take part in a week work experience. Within the school database of contacts there are many sporting opportunities for students. This has included opportunities at ECFB, our local leisure industry and placements at local schools giving experience of teaching in Sport.
School Sports Partnership	Throughout KS4 students are given the opportunity to lead younger students are Sports festivals and events. This involves experience in officiating, Sports leadership and Coaching.

KS4 BTEC SPORT:

Exam Board: Course Title:	Pearson Pearson BTEC Level 1/Level 2 First Award in Sport
QAN:	600/4779/3
Examination dates: (External)	Year 10 Feb Year 11 Feb (Approx.)
Controlled Assessment Dates: (Internal)	Year 10 (Feb 2021, June 2021, Feb 2022, May 2022) Year 11 May 2021

Year 10

	Outline of Course/SOW delivery	Key Assessments	Skill Development
Autumn 1	Unit 3: Applying the Principles of Personal training	A design a personal fitness training programme	Topic A.1 Personal information to aid training programme design Topic A.2 Programme design
Autumn 2		B know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training	Topic B.1 Musculoskeletal system Topic B.2 Cardiorespiratory system
Spring 1		C implement a self-designed personal fitness training programme to achieve own goals and objectives	Topic C.1 Safely implement a personal fitness training programme Topic C.2 Training diary for each session recording Topic C.3 Measures for success
		D review a personal fitness training programme.	Topic D.1 Review programme
Spring 2	Unit 2: Practical Performance in Sport	A understand the rules, regulations and scoring systems for selected sports	Topic A.1 Rules (or laws) Topic A.2 Regulations Topic A.3 Scoring systems Topic A.4 Application of the rules/laws of sports in different situations Topic A.5 Sports Topic A.6 Roles of officials Topic A.7 Responsibilities of officials

Summer 1		B practically demonstrate skills, techniques and tactics in selected sports	Topic B.1 Components of physical fitness Topic B.2 Technical demands Topic B.3 Tactical demands Topic B.4 Safe and appropriate participation Topic B.5 Relevant skills and techniques Topic B.6 Relevant tactics Topic B.7 Effective use of skills and techniques, and the correct application of each component Topic B.8 Effective use of skills, techniques and tactics Topic B.9 Isolated practices Topic B.10 Conditioned practices Topic B.11 Competitive situations
Summer 2		C be able to review sports performance.	Topic C.1 Observation checklist Topic C.2 Review performance

Year 11

	Outline of Course/SOW delivery	Key Assessments	Skill Development
Autumn 1	Unit 1 Fitness for Sport and Exercise	A know about the components of fitness and the principles of training	Topic A.1 Components of physical fitness Topic A.2 Components of skill-related fitness: Topic A.3 Why fitness components are important for successful participation in given sports in terms of. Topic A.4 Exercise intensity and how it can be determined: Topic A.5 The basic principles of training (FITT): Topic A.6 Additional principles of training:
Autumn 2		B explore different fitness training methods	Topic B.1 Requirements for each of the following fitness training Methods Topic B.2 Additional requirements for each of the fitness training methods Topic B.3 Fitness training methods for different components
Spring 1		C investigate fitness testing to determine fitness levels.	Topic C.1 Fitness test methods for components of fitness: Topic C.2 Importance of fitness testing to sports performers and coaches: Topic C.3 Requirements for administration of each fitness test: Topic C.4 Interpretation of fitness test results:

Spring 2	Unit 6 Leading Sports Activities	A know the attributes associated with successful sports leadership	Topic A.1: Sports Leaders Topic A.2: Attributes Topic A.3: Responsibilities
Summer 1		B undertake the planning and leading of sports activities	Topic B.1: Sports activities Topic B.2: Plan Topic B.3: Lead Topic B.4: Measures of success
Summer 2		C review the planning and leading of sports activities.	Topic C.1: Review Topic C.2: Targets for development

KS4 BTEC Dance:

Exam Board: Course Title:	Pearson BTEC Level 1/Level 2 Tech Award in Performing Arts (Dance)
QAN:	603/0406/6
Examination dates:	May Series
Controlled Assessment Dates:	January - May

Year 10

	Outline of Course/SOW delivery	Key Assessments	Skill Development
Autumn 1	Development of technical, physical & interpretative skills	Next Steps performance piece (mock practical)	Builds on existing skills taught in KS3 Dance (core PE)
Autumn 2	Development of choreographic skills	Dance Show performance piece(s) (mock practical)	During KS3 Dance students are taught basic choreography principles including motif and repetition. This unit will explore motif development, structure & use of choreographic devices.
Spring 1	Component 1: Dance Work 1	Component 1: Booklet 1 & 2 for Dance Work 1	Students will develop their understanding of the performing arts by examining practitioners' work and the processes used to create performance. To develop as a performer they will need a broad understanding of performance work and influences. This unit builds on the work studied at KS3 as it requires students to study across a range of performances and performance styles.
Spring 2	Component 1: Dance Work 2	Component 1: Booklet 1 & 2 for Dance Work 2	
Summer 1	Component 1: Dance Work 3	Component 1: Booklet 1 & 2 for Dance Work 3	
Summer 2	Component 1: Written Report	Component 1: Written Report (2 sides of A4)	

Year 11

	Outline of Course/SOW delivery	Key Assessments	Skill Development (
Autumn 1	<p>Component 2: Skills Audit & identification of strengths and areas to develop. Plus Log 1.</p> <p>Component 2: begin practical performance Piece. Plus Log 2.</p>	<p>Component 2: Skills Audit</p> <p>Component 2: Log 1</p> <p>Component 2: Log 2</p> <p>Video evidence of rehearsals / workshops</p>	<p>Building on from Autumn 1 unit. Students are expected to show a higher degree of skill.</p> <p>Students are, for the first time in Dance asked to record their journey in the written form.</p>
Autumn 2	<p>Component 2: Performance Piece. Plus Log 3.</p>	<p>Video evidence of rehearsals / workshops</p> <p>Component 2: Log 3</p> <p>Video recording of final performance</p>	<p>Increasing level of skill.</p>
Spring 1	<p>Completion of Component 2. Plus Log 4.</p> <p>Component 3: Externally Assessed Task released end of January</p>	<p>Component 2: Log 4</p> <p>Controlled Assessment</p>	<p>Increasing level of skill.</p>
Spring 2	<p>Component 3: Externally Assessed Task</p>	<p>Controlled Assessment</p>	
Summer 1	<p>Component 3: Externally Assessed Task</p>	<p>Controlled Assessment</p>	
Summer 2	<p>Course completed in May.</p>		