

# PE KS4 Curriculum Info:

## **Core PE**

All pupils in KS4 undertake two core PE lessons per week.

One of these is called **Games for Life** and the other is called **Fitness for Life**. Both are intended at equipping pupils with the skills, resilience, personal organisation and self-motivation to regularly pursue high intensity exercise at least twice a week upon leaving.

Kings', in order that they lead a fitter and healthier life. This is our ultimate aim!

### **Year 10 Fitness for Life:**

All girls will do a half term of the following:

Exercise to Music/Yoga, Strength and Conditioning, Gymnastics/Trampolining, Aqua-Aerobics, Team Challenge.

All boys will do a half term of the following:

Swim for fitness, High Intensity Interval Training, Strength and Conditioning, Gymnastics/Trampolining, Team Challenge

### **Year 10 Games for Life:**

All girls will do a half term of activity from the following:

Badminton, Futsal/Basketball, Benchball/Dodgeball, Hockey/Lacrosse, Volleyball, Striking and Fielding

All boys will do a half term of the following:

Rugby 7s, Football, Handball, Hockey, Tennis, Golf/Striking and Fielding

### **Year 11 Fitness for Life**

All girls will do a half term of the following:

Strength and Conditioning, Aqua-Aerobics, Trampolining/Gymnastics, Exercise to Music, Summer Option

All boys will do a half term of the following:

Circuit training, Gymnastics/Trampolining, Swim for Fitness, Strength and Conditioning, Summer Option

### **Year 11 Games for Life**

All girls will do half a term of activity from the following:

Badminton, Basketball, Table tennis, Tag-rugby, Summer Option

All boys will do a half term of the following:

Football, Rugby, Hockey/Lacrosse, Flag Football, Summer Option

## **KS4 PE/Sport Examined Options Programme**

### **PE Department Options:**

At Key Stage 4 the PE Department offers two options courses:

**-AQA GCSE PE**

**-OCR Cambridge Nationals Sports Studies**

### **AQA GCSE PE:**

The AQA GCSE PE course requires pupils to complete practical assessments across three different sporting activities. One must be from an individual sport, a second from a team sport and a third from either group. They must also complete an in-depth piece of written coursework where they analyse their performance in an activity. This is worth a combined total of 40% of the course.

The theoretical units of work are as follows:

1. Applied anatomy and physiology
2. Movement analysis
3. Physical training
4. Use of data
5. Sports psychology
6. Socio-cultural influences
7. Health, fitness and well-being

This make up the remaining 60% of the course assessed via two 1 ¼ hour exams in the summer of Year 11.

Traditionally GCSE PE is a two-year course but a select group of highly sporty E band pupils complete this as an accelerated option in their Year 10 core PE lessons.

### **OCR Cambridge Nationals Sports Studies:**

This is a vocational qualification meaning it is slightly more hands on in its approach and delivery method.

There are three units:

**R184: Contemporary Issues in Sport**, where pupils investigate how the big issues which affect society are also prevalent in sport and how it can be a tremendous force for good. This unit is worth 40% of the final grade and pupils are assessed via a one hour external exam in January of Year 11.

**R185: Performance and Leadership in Sports Activities**, where pupils are assessed in two sporting activities, review their own performance and also plan a session and lead others. This unit is worth 40% of the final grade and pupils are assessed in their practical performance and via an extended written assignment.

**R187: Increasing Awareness of Outdoor and Adventurous Activities**, where pupils investigate the wide range of outdoor activities, the benefits and value of these and the various and diverse locations in the UK where these can be enjoyed. This unit is worth 20% of the final grade and pupils are assessed in their practical performance of two Outdoor Activities as well as a written assignment.