

Curriculum Overview KS4 Physical Education



PE gives our pupils opportunity and experience to learn the value of physical exercise to support their mental health and wellbeing in addition to its importance to physical health. It is vital our KS4 pupils are knowledgeable about the body, its functionality and how we must take care of it throughout our lives. PE is an essential part of every child's development due to its physical impact and the resulting mental, health and fitness benefits at KS4 pupils gain a greater understanding of how and why physical activity impacts on our brain and emotional regulation. As an SEMH school it is essential that Forest Moor pupils have this time on their curriculum. It improves self-esteem and challenges pupils to improve performance, develop resilience and be competitive in preparation for life after school. In addition to this pupils at KS4 have the opportunity and ambition to achieve a level 2 outcome in GCSE Physical Education. Pupils will build on their experience and knowledge at KS3 and will adapt and act on feedback from others. Lessons will provide ample opportunity to develop co-operation, teamwork and communication skills as the pupils' act as players, coaches or officials. Through competitive situations there is an overall aim to develop forward thinking individuals that are both strategic and reflective whilst also demonstrating the credentials of fair play; an important value to take into their personal lives and community settings.

Spring	technique	balance		collection	data is	data	of data	Questions	Preparation	Questions	Preparation	Questions
	Week 1 Mock exam	Week 2	Week 3 (HM&B)	Week 4 Examples from different sports/training	Week 5 collected	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Summer	Weeks: 1-4				Weeks: 5-8				Weeks: 9-12			
	Revision Bone: Functions + Structure Classification	Revision Vertebral column Joint Classification	Revision Movement at joints	Sports competition Ligaments + tendons Effects of ex. (HM&B) Test								
									Effects of ex. (HM&B)			
Spring	Weeks: 1-6 Practical: Trampolining (Character: Leadership supports DofE Physical)						Weeks: 7-12 Practical: Trampolining (supports DofE Physical)					
	Blood vessels	Changes / mechanisms Blood cells	Respiratory components	Components of air Gaseous exchange	Volumes of air Variations	C + R systems functioning together	Respiration Energy sources	Short term effects	Test	Test review Use of data	Long term effects (HM&B)	Systems working together
Summer	Weeks: 1-6 Practical: Table tennis						Weeks: 7-12 Practical: Athletics (Character: resilience to achieve PB's)					
	First and second class levers	Third class levers	Mechanical advantage	Movement patterns Planes + axes	Movement patterns Planes + axes	Health: Physical (HM&B)	Health continued: Emotional + social (HM&B)	Fitness, health and well being (HM&B)	End of year assessment Feedback	Athletics	Athletics	Athletics

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