

This is a typical representation of a core sport timetable at KS4. Due to impacts of size and space available, not all students will receive the same activities or in the same order however they will cover all of the key curriculum links indicated.

Info	Start	Assess	Start	Assess	Start	Assess	Start	Assess	Start	Assess	Start	Assess	Start	Assess	Start	Assess
Date	5 wks	1 wk	4 wks	1 wk	4 wks	1 wk	4 wks	1 wk	3 wks	1 wk	3 wks	1 wk	3 wks	1 wk	4 wks	1 wk
Activity and Space Guide	Invasion Games Field		Net/Racket SportsHall		Invasion Games Astroturf/Courts		Health Related Education Fitness Suite		Outdoor and Adventurous Clare Hall		Trampolining/ Gymnastics Sports Hall		Striking and Fielding Field		Athletics Field	
Curriculum Link	Tactics and Strategies to overcome opponents		Developing technique and performance in competition		Overcoming opponents		Evaluation and improvement of performance		Intellectual and Physical Challenge		Developing technique		Tactics and Strategies		Personal best	

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- 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.

Examples of activities delivered:

Invasions games; Rugby, Netball, Football, Hockey, Basketball,

Net/Racket; Badminton, Tennis, Short Tennis,

Health Related Education; Various training types, Fitness Suite (Gym work), Cross Country runs,

Outdoor and adventurous activities; Team building activities, Orienteering, Capture the flag,

Striking and Fielding; Cricket, Rounders, Softball.

Where necessary differentiated activities and exercises are used to best support learner progress.