

PE KS4 Curriculum Info for the Website

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.

Year 10 Fitness for Life:

All girls will do a half term of the following:

Exercise to Music/Yoga, Health Suite, Gymnastics/Trampolining, Aqua-Aerobics, Team Challenge.

All boys will do a half term of the following:

Swim for fitness, High Intensity Interval Training, Health Suite, 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, Indoor Cricket/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:

Health Suite, Aqua-Aerobics, Trampolining/Gymnastics, Exercise to Music, Summer Option

All boys will do a half term of the following:

Circuit training, Trampolining, Health Suite, Swim For Fitness, Summer Option

Year 11 Games for Life

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

Badminton, Basketball, Table tennis/benchball, tag rugby, Summer Option

All boys will do half a term from the following:

Football, Hockey, Flag Football (NFL), Hockey, Badminton/Basketball, Summer Option

PE Department Options Groups:

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

- AQA GCSE PE
- OCR Cambridge Nationals Sports Studies

The AQA GCSE PE course requires pupils to complete three 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.

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.

The OCR Cambridge Nationals Sports Studies course is a vocational qualification. It is comprised of four units of work, which are each worth 25% of the final grade. The units are as follows:

Contemporary Issues in Sport - assessed via 1 hour written exam: Pupils explore a range of factors that affect participation, logistics and the administration of sport.

Developing Sports Skills – assessed via internal assignments and observation tasks. Pupils are assessed in team (basketball) and individual (badminton) activities and demonstrate their practical performance, officiating and analytical skills.

Sports Leadership – which is assessed internally via assignment and practically based work. Pupils plan and deliver the content and risk assessment for a practical session, then reflect on this.

Developing knowledge and skills in outdoor activities –assessed internally via assignment based work. Pupils pit themselves against the great outdoors and understand what it takes to succeed in this environment. This Unit entails a spring term residential trip at a cost of approximately £200.