

Physical Education- Key Stage 4

Vision

Pupils will further develop their love for sport whilst being challenged academically to achieve their full potential. Practically, pupils will focus on their preferred sports, practicing and refining the key skills, techniques and tactics required. We aim to provide pupils with the knowledge of how to live a healthy lifestyle, providing the skills required to move onto higher education and potentially a career in sport.

Teaching and Learning

Over the course of two years, pupils will complete 4 units during a combination of theory and practical.

Unit 1 - Fitness for sport and exercise (Exam 25%)

Unit 2 - Practical performance in sport (Practical assessment and coursework 25%)

Unit 3 - Applying the principles of training (Practical and coursework 25%)

Unit 6 - Sports leadership (Practical and coursework 25%)

Each unit is broken down into 3 or 4 learning aims which pupils will work through during lessons and home learning. Pupils will be assessed practically in 2 sports and also in the role of a sports leader. Video evidence will support coursework and teacher observation in assessing each student accurately using a pass, merit and distinction criteria.

Literacy

Pupils are encouraged to develop their literacy in practical and theory. Pupils will be expected to engage in their learning through deep questioning and analysis of performance. Pupils literacy will be assessed during coursework with sports specific terminology encouraged.

Enrichment programme list

Throughout the school year, BTEC revision and coursework clubs will run at lunch time and after school in the Benton ICT room.

Whether you need to catch up, or get ahead, these focussed sessions will support progress within BTEC PE.

Pupils are also encouraged to participate in extra-curricular sport clubs which run every lunch time and after school throughout the year, covering a range of individual and team sport.

Learning Resources

Pupils are encouraged to watch sport regularly. This will help pupils to understand the game and analyse others' performance including the role of officials. You can do this through YouTube and live TV.

Pupils will also be expected to research the skills, techniques and tactics in a range of sports using the internet.



<https://www.bbc.co.uk/bitesize/examspecs/zxbq39q> - Topic revision

<https://www.brianmac.co.uk/skills.htm> - Skills and techniques

<https://www.bbc.co.uk/sport> - Current affairs

<https://www.btecpe.com/> - Thinking ahead for BTEC

KS4 Physical education programme of Study

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 6 - Sport Leadership Theory			Unit 1 - Fitness for sport and exercise (Exam)	Unit 2 - Practical Performance	
LA-A	LA-B	LA-C	Theory		LA-B
Leadership article	Lesson plans	Leadership review	Components of fitness; fitness testing; training methods; principles of training		Skills, techniques and tactics
Practical			Practical		
Demonstrate good lessons	Pupils practice and redo lessons in necessary	Fitness testing	Training methods	Principles of training	Record skills

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 2 - Practical performance in sport		Unit 3 - Applying the principles of training			
LA-A	LA-C	LA-A&B	LA-C	LA-D	

Rules, regulations and scoring systems	Practical Review	Design a training programme; Skeletal and muscular system	Implement programme safely	Review fitness programme	
Practical			Practical		
Record skills	Gameplay	Classroom	6 week training programme	Classroom	