

PE Programme for Key Stage 4 Pupils

Through the PE curriculum pupils in Key Stage 3/4 should be taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- Develop technique and improve performance in a range of competitive sports and physical activities.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems.
- Analyse their performances compared to previous ones and demonstrate improvements to achieve their personal best.
- Take part in competitive sports and activities outside school through community links or outside clubs.
- Pupils should also be encouraged to engage in physical activity for sustained periods of time and lead healthy, active lives.

Pupils are also asked to consider whether they would like to take 'Entry Level PE' in year 11. It is possible for some units of work to be assessed for this course in Year 10.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Basketball/ Football (Officiating)	Volleyball	Circuits Badminton	Hockey Boccia	Athletics	Softball/ Cricket
Year 11	Basketball/ Football (officiating)	Volleyball	Circuits Badminton	Hockey Boccia	Athletics (Performance Analysis)	Cricket Softball
		Entry	Level	PE		
*Local competitions At various School Games Levels	Outdoor *Football- Devon Ability Games	Education *Basketball Club/local Fixtures	Outdoor *Badminton Winter Ability Games	Education *Orienteering Boccia/Goalball Table Cricket Devon Winter Games	Outdoor *Athletics Devon Summer Games Swimming Gala	Education *Cricket Festival Sports Afternoon

OCR Entry Level PE

Candidates are expected to spend their time involved in learning. Applying and practicing the skills and techniques of their chosen practical activities through which they can be taught:

- The importance of being physically active.
- The contribution exercise and training make towards a healthy, balanced and active lifestyle.
- The benefits of positive attitudes through understanding of the conventions of fair play, honest competition and good sporting behaviour.
- The different roles within sporting activity.
- To analyse and improve their own or others performance by identifying strengths and weaknesses and suggesting how performance can be improved.

- To participate in safe practice through understanding the rules and procedures of practical activities, the need for appropriate clothing and protection and the need to 'warm up' and 'cool down'.