

KEY STAGE FOUR CURRICULUM PLANNING: KNOWLEDGE AND SKILLS MAPPING TOOL

SUBJECT: KS4 Core Physical Education (HFW)

	KNOWLEDGE (knowing what)				SKILLS (knowing how)		
YEAR 10	<p>Knowledge of a range of activities that develop personal fitness and promote an active, healthy lifestyle.</p> <p>Knowledge of a variety of tactics and strategies to overcome opponents in team and individual games, using core and advanced skills.</p> <p>Knowledge of how to develop their technique and improve their performance in other competitive sports.</p> <p>Knowledge on how to take part in outdoor and adventurous activities in a range of environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate knowledge on how to improve across a range of physical activities to achieve their personal best</p> <p>Knowledge on how to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>				<p>Y11</p> <p>Applying the personal development values and introduction of YST Life Skills Award</p> <p>Knowing how, and having the confidence, to get involved in physical activity and sport outside of school/post 16.</p> <p>Y10</p> <p>Demonstrating leadership and advanced tactics/rules through teaching via the Sports Education model. Students to choose a pathway- games, performance or lifestyle.</p> <p>Improve fitness levels by being physically activity for sustained periods of time.</p>		
		Sep-Oct	Nov-Dec	Jan-Feb	March-April	May-June	July
	Content	Handball Badminton Circuits	Futsal Dodgeball Walk for Health Basketball Table Tennis Netball	Football Kinball Trampolining Dodgeball Just Dance OAA	Netball Fitness Badminton Athletics Tennis	Athletics Tennis Softball Rounders Yoga/Pilates	Cricket Rounders Volleyball
	Skills	Teamwork Communication Problem-solving Stamina/Endurance Accuracy/Control Outwitting opponents Creativity Leadership	Teamwork Communication Problem-solving Stamina/Endurance Accuracy/Control Outwitting opponents Creativity Leadership	Co-ordination Leadership Spatial awareness Balance Analysis of performance Teamwork Communication Problem-solving	Co-ordination Balance Spatial awareness Leadership Analysis of performance Teamwork Communication	Catching Throwing Running Jumping Personal best Leadership	Catching Throwing Teamwork Leadership

Y11 Single Lesson- the curriculum is planned by the teacher in conjunction with their class (pupil voice). Staff are given an area and they choose the activities with their class. Activities can include:

RUGBY	HANDBALL
FITBALL	ATHLETICS
NETBALL	TENNIS
FOOTBALL	S&F
ZONE BALL	BASKETBALL
OFFICIATING	FITNESS
EXERCISE TO MUSIC/STUDIO YOU	GOLF
DODGEBALL	ULTIMATE FRISBEE
KINBALL	GYMNASTICS/TRAMPOLINI NG
FUTSAL	OAA
VOLLEYBALL	HOCKEY
BADMINTON	LACROSSE
TABLE TENNIS	OFF SITE WALK ETC

Y11 Double Lesson- students use off site facilities/coaches; Formby Pool, Danny McShane tennis, Duke St Park, Formby Cricket Club, Youssef Strength, 3G pitches, MGYM.