

## KS4 Curriculum Overview (CORE PE)

### **YEAR 9**

| <b>TERM 1 TOPIC/s</b>                | <b>*Key Skills/Subject Links</b>  | <b>*Career links &amp; BV</b>  |
|--------------------------------------|---|--|
| <b>Tag Football/Football/Fitness</b> | <p><b>Cognitive – recognising patterns of play, problem solving</b></p> <p><b>Personal – perform under pressure, committed to self improvement</b></p> <p><b>Health – understand adaptations to the body</b></p> <p><b>Key physical skills from AQA GCSE Specification</b></p> <p><b>Link to GCSE Psychology, Food Technology</b></p>       | <p>Mutual Respect - Students learning to handle success and defeat with dignity and congratulate others</p> <p>Athlete, Coach, Commentator, Sports Analyst, Gym Manager</p>  |
| <b>TERM 2 TOPIC/s</b>                | <b>*Key Skills/Subject Links</b>  | <b>*Career links &amp; BV</b>  |
| <b>Netball/Fitness/Tag Football</b>  | <p><b>Cognitive – recognising patterns of play, problem solving</b></p> <p><b>Personal – perform under pressure, committed to self improvement</b></p> <p><b>Health – understand adaptations to the body</b></p> <p><b>Key physical skills from AQA GCSE Specification</b></p> <p>Links to PD (healthy lifestyle) and Science (biology)</p> | <p>Knowledge of how to improve their physical fitness, and the requirements of fitness training would support careers in the armed forces, agriculture or security</p> <p>Army, Police, Fireman, Sports Scientist, Nurse, PT</p> |
| <b>TERM 3 TOPIC/s</b>                | <b>*Key Skills/Subject Links</b>  | <b>*Career links &amp; BV</b>  |
| <b>Basketball/Benchball</b>          | <p><b>Physical – perform a range of skills in pressure environments</b></p> <p><b>Cognitive – select tactics and create strategies</b></p>  | <p>Democracy - Students understand and accept the roles of captain, vice captain, team players, coaches, officials and choreographer</p>   |

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|                                   | <b>Social – fulfill a variety of roles, communicate effectively with team mates</b><br><b>Key physical skills from AQA GCSE Specification</b>   | PE Teacher, Primary School Teacher, Physiotherapist, Leisure Centre Manager  |
| <b>TERM 4 TOPIC/s</b>             | <b>*Key Skills/Subject Links</b>  | <b>*Career links &amp; BV</b>  |
| <b>Tag rugby/football/netball</b> | <b>Social – opportunities to lead others, put the team before yourself</b><br><b>Key physical skills from AQA GCSE Specification</b>  | Tolerance - Students are asked to reflect on their actions and how this affects others in a team<br><br>Army, Police, Fireman, Sports Scientist, Nurse, PT                 |
| <b>TERM 5 TOPIC/s</b>             | <b>*Key Skills/Subject Links</b>  | <b>*Career links &amp; BV</b>  |
| <b>Athletics</b>                  | <b>Health and Fitness - Students will learn the benefits of exercise to long term health and how to monitor their intensity and measure their progress</b><br><b>Personal - through athletic events and striving for PB's students will understand how desire and work rate relate to success and improvement</b><br><b>Key physical skills from AQA GCSE Specification</b><br><b>Link to Geography and Maths</b> | <b>Individual Liberty – through experience of setting personal targets, being motivated, celebrating success</b><br><br>Army, Police, Fireman, Sports Scientist, Nurse, PT |
| <b>TERM 6 TOPIC/s</b>             | <b>*Key Skills/Subject Links</b>  | <b>*Career links &amp; BV</b>  |

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| <p><b>Softball/Cricket/Tag Rugby</b></p> | <p><b>Social – inspire and improve others, work effectively in small and large groups</b></p> <p><b>Cognitive – give and receive detailed, accurate guidance and feedback</b></p> <p><b>Key physical skills from AQA GCSE Specification</b></p> | <p>The rule of law - Students adhere to and understand the importance of playing to the rules</p> <p>Mutual respect - Students respect team mates and their differing opinions around team decisions</p> <p>Athlete, Coach, Commentator, Sports Analyst, Gym Manager</p> |
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