

KS4 core Curriculum Implementation Plan

Our KS4 core curriculum is designed specifically to promote participation, lifelong enjoyment and progress in sport and exercise. Students are given independence to design their own curriculum by contributing to the activities on offer and then selecting their own activities each half term and participating in 3 hours of PE a fortnight. This allows our KS4 students to:

- Select activities which they have a passion and skill for thereby continuing to develop their excellent in that sport/activity
- Select new and exciting activities which results in new knowledge and skills being gained. Many students then take up these activities outside of school
- Choose from a wide variety of activities each half term thereby allowing them to continue developing multisport skills and knowledge across the two years

Activities on offer include: Swimming, Football, Rugby, Basketball, Badminton, Dodgeball, Netball, Handball, Table tennis, Fitness, Volleyball, Rounders, Softball, Tennis & Athletics. All of these are mixed gender with the exception of Rugby and Dodgeball to promote inclusivity but maintain health and safety.

Physical Education						
	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 10	Optional activity 1	Optional activity 2	Optional activity 3	Optional activity 4	Optional activity 5 <i>Summer sports</i>	Optional activity 6 <i>Summer sports</i>
Year 11	Optional activity 1	Optional activity 2 <i>Opportunities to prepare for examinations during mock period</i>	Optional activity 3 <i>Opportunities to prepare for examinations during mock period</i>	Optional activity 5	Optional activity 6 <i>Summer sports</i> <i>Opportunities to prepare for examinations</i>	Exam season