

Overall Curriculum Intent – Key Stage 4 Physical Education (Year 10)

Intent - Students will explore the concept and the importance of '**physical literacy**'. Students will build on physical skills in a range of team sports and individual activities, to develop motivation, competence, confidence, knowledge & understanding of the power of Physical Education.

The Physical Education curriculum at The Brian Clarke Academy inspires students to be physically confident, so they have the knowledge and understanding to lead a healthy, active lifestyle throughout their time here and into adulthood. The encouraging environment that the staff creates ensures all students feel safe and enjoy Physical Education. High expectations are consistent across the Department, ensuring a positive learning experience for all students.

Following on from our ambitious and broad curriculum at Key Stage 3, pupils are ready and equipped with the fundamental skills in a range of areas to continue to build on at Key Stage 4. Physical literacy skills will be developed further to build physical competence and performance across the Academic year. This includes a focus on both team and individual sports, alongside activities promoting lifelong participation. The Key Stage 4 Curriculum is ambitious and exciting and provides our students with the opportunity to access and excel in a range of sports and activities. The sequencing of activities builds on the Knowledge and understanding from Key Stage 3, so students understand how to apply strategies and tactics to overcome challenges through effective decision making, solving problems, and analysing their own performance to improve and progress. The Key Stage 4 Curriculum aims to continue to build resilience, so students can cope with physically demanding activities for a sustained time.

The Key Stage 4 Curriculum promotes and strengthens the Brian Clarke Community, which is a central part of our School. Throughout the Key Stage, the Curriculum is underpinned by Cultural Capital, developing skills like communication, teamwork, leadership, fairness, respect, and sporting etiquette. Equipping students with the necessary skills as they prepare for life after BCA.

The Physical Education Curriculum is complemented by a wide variety of Co-curricular and Extra-curricular activities that students are highly motivated to participate in. These provide opportunities for students to develop their skills further in a range of sports and activities and represent their House or School in competitions and events, as well as developing leadership and officiating skills.

Year 10 Implementation

In Year 10 pupils will build on the knowledge gained at Key Stage 3 and start to examine more advanced skills and tactics to develop competence further. Transferring skills learnt in the broad curriculum will enable a greater understanding and develop personal skills such as evaluation of their performance and others. As well as understanding the use of strategies and tactics to overcome an opponent in a competitive environment.

In year 10 pupils will cover a range of sports and activities throughout the Academic year. The timing of when they will cover the sports depends on the facility available at the time of their lessons. Sports covered over the course of the academic year (not necessarily in this order):

Year 10 pupils	Net/wall	Net/wall	Invasion	Invasion	Individual	Individual	Striking & Fielding
	Badminton	Table Tennis	Football/ Netball	Handball Basketball	Fitness/Dance	Athletics	Rounder's / Cricket

Year 10 Intent

- ✓ Demonstrate clear understanding and competence in a broad range of physical activities, some continuing to build from Key Stage 3 and others introduced new at Key Stage 4 to expand pupils' exposure to different sports.
- ✓ Fostering a positive attitude towards exercise and its benefits for mental and social development.
- ✓ Be comfortable with being physically active for sustained periods of time
- ✓ Lead warmups and cool down and experience alternative roles within PE (player, performer, coach, instructor, official, leader)
- ✓ Exposure to a range of sports and physical activities, students can continue to participate in post-school
- ✓ Students will develop their understanding and have the motivation to make physical activity a regular and enjoyable part of their daily lives both now and in the future.
- ✓ Adopt and lead healthy, active lifestyles and be involved during Co-curricular and Extra-Curricular activities
- ✓ Take part in a range of activities to support their personal, social, and emotional development and develop skills that are applicable to The Brian Clarke Community