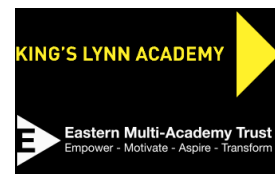


Implementation: Curriculum Narrative

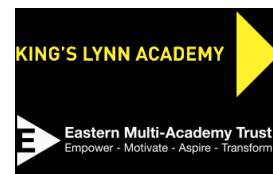


Subject: Physical Education	Year: KS4	Author: S. Mason
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Key Knowledge <i>Pupils will know</i>	Key Skills <i>Pupils will be able to</i>
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<p style="text-align: center;">Key Threshold Concepts:</p> <p>At Key Stage 4, Physical Education is guided by the ME in PE model, which places the individual student at the centre of learning. The curriculum is designed to support students in developing a positive relationship with physical activity that extends beyond their time at school.</p> <p>Students' learning is structured around three key strands:</p> <ul style="list-style-type: none"> • Healthy Me – understanding the physical and mental benefits of an active lifestyle, fitness for life, and strategies to maintain personal well-being • Physical Me – developing movement competence, physical fitness, and confidence across a range of activities • Social Me – building communication, leadership, teamwork, and respect through participation in physical activity 	<p style="text-align: center;">Subject Skills:</p> <p>In Year 10, the focus is on balancing performance and enjoyment. Students develop fitness and physical competence while exploring a variety of activities, enabling them to identify what they enjoy and how physical activity can fit into their lives.</p> <p>In Year 11, learning becomes increasingly personalised, with an emphasis on choice, enjoyment, and lifelong participation. Students are encouraged to take ownership of their physical well-being by selecting activities that support their interests, health, and long-term engagement in physical activity.</p> <p>Through this approach, students gain the knowledge, skills, and confidence needed to remain active beyond school. They leave Key Stage 4 understanding the wider physical, mental, and social benefits of physical activity and how to maintain a healthy, active lifestyle into adulthood.</p> <p>Students will be able to</p> <ul style="list-style-type: none"> • Develop and maintain personal fitness, using activities such as the fitness suite to improve strength, endurance, flexibility, and overall health • Evaluate and reflect on performance, comparing current outcomes with previous ones to identify strengths, areas for improvement, and strategies to achieve personal bests • Engage regularly in physical activity, including competitive sport and recreational opportunities, developing the motivation and independence to remain active beyond school
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<p style="text-align: center;">Subject specific knowledge and sequencing</p> <p>In Year 10, the curriculum is structured around two key strands: Competition and Enjoyment. This balanced approach allows students to experience both performance-focused and participation-based</p>	<p style="text-align: center;">Prerequisites and Spiral Teaching:</p> <ul style="list-style-type: none"> • Students build on their prior learning of skills and activities in KS3.
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learning, supporting the development of physical skills while fostering a positive attitude towards physical activity.

- The Competition strand focuses on developing technical skills, tactical understanding, and performance in structured activities and games. Students apply strategies, refine techniques, and experience competitive situations in activities such as football, netball, hockey, and volleyball.
- The Enjoyment strand prioritises personal engagement, confidence, and well-being. Students explore a range of activities that promote fitness and enjoyment, including use of the fitness suite and trampolining, encouraging students to identify activities they enjoy and can continue outside of school.

Across both strands, students develop subject-specific knowledge related to fitness components, training methods, and the physical and mental benefits of regular exercise. They learn how different activities contribute to health, fitness, and overall well-being, helping them make informed choices about staying active.

This sequencing ensures that by the end of Year 10, students have experienced a broad range of activities, developed key physical skills, and built the knowledge and motivation needed to maintain an active, healthy lifestyle. This foundation prepares students for Year 11, where learning becomes increasingly personalised, with a greater emphasis on choice, enjoyment, and lifelong participation in physical activity.

Cross-Curricular Knowledge Links:

- **Citizenship/Personal Development** – Leadership/Communication skills/ Teamwork/ promoting positive relationships
- **English** – Speaking and listening skills.

Reading Lists / Sources / Reading around the subject recommendations:

- www.bbc sport.co.uk
- www.ocr.co.uk
- Reading rule books and sports reports in newspapers and magazines.
- Sports journals/podcasts
- Sports books in the school library