



1c. Curriculum Overview: KS4 PE

KS4 Core PE

Promoting Active and Healthy Lifestyles

Offering more complex & demanding physical activities and competitive experiences, with an emphasis on participation & enjoyment.
Students will continue to develop tactics and strategies, which builds on key stage 3 PE.

Refer to KS4 NC	Y10	Examples of sports students can have the opportunity to participate in include:
	Y11	<p>Outwit: Football, rugby, tennis, dodgeball, handball, tennis, tchouk ball, ultimate Frisbee, matball. Replicate: Dance, trampolining Striking & Fielding: Rounders, cricket Train: Circuit training, yoga, couch to 5K, LBT, TABATA Outdoor Adventurous Activities Excel: Indoor & outdoor athletics</p> <p><u>What are the students learning?</u></p> <ul style="list-style-type: none">• Strategic play• Skills & techniques to improve performance• Evaluation skills• Awareness of local provision• Benefits of exercise: physical, emotional and social benefits• Benefits of prolonged healthy lifestyles