

KS 4 Physical Education

Where do we go from here?

Contextual Information

- 1 hour per week
- National focus on progress
- Pupil centred approach
- Choice/Motivation

Sport and Exercise Development Award

A Pathway Approach

Strand 1a: Traditional Games

Strand 1b: Alternative Games

Strand 2: Exercise, Dance and Fitness Training

Strand 3: Sports Leadership (JSLA)

Traditional Games (Boys)

FOOTBALL

RUGBY

HOCKEY

BASKETBALL

Compulsory
Athletics

Cricket/Tennis/
Softball

Games (Girls)

NETBALL

ROCKET/DODGE/
BENCH

VOLLEYBALL

LACROSSE

ATHLETICS

Cricket/Tennis/
Rounders

Alternative Games (Boys?)

DODGEBALL

HANDBALL

VOLLEYBALL

LACROSSE

Compulsory
Athletics

Cricket/Tennis/
Softball

Exercise & Dance (Girls)

DANCE

LBT

CIRCUITS

ZUMBA

ATHLETICS

Tennis/
Rounders/
Cricket

Fitness Development (Boys)

CIRCUITS

Strength and
Endurance

SAQ

BOXERCISE

Compulsory
Athletics

Tennis/Softball/
Cricket

Sports Leadership & Officiating

JSLA

JSLA

JSLA

JSLA

Primary School
Visits?

Cricket/Tennis/
Softball

Key Principles:

- Focus on strategy, tactics, composition, choreography, leadership etc
- Student centred
- Responsibility
- Choice
- Developing interest/specialism beyond school
- Developing good habits for adult life
- Enjoyment

Key Questions:

- For who?
- When?
- Units of work?
- Assessment + Feedback?
- Tracking (Staff and Pupils)?

Assessment & Progress

Award Standard

GCSE EQUIV

Platinum Plus

10

Platinum

9

Gold

7-8

Silver

5-6

Bronze

3-4

Progress and Recording

- Assessments as normal
- Transferred straight into SIMS
- Student record cards and progress charts