

Subject area – Key Stage 4 Physical Education – Competition and developing health and fitness for life

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	10 Girls – Basketball 10 Boys – Football/Swimming 11 Girls – Basketball 11 Boys – Handball	10 Girls – HRF 10 Boys – Basketball/Swimming 11 Girls – HRF 11 Boys – Basketball	10 Girls – Badminton/Football 10 Boys – HRF/Water Polo 11 Girls – Badminton 11 Boys – Football	10 Girls - Football 10 Boys – Cricket/Water Polo 11 Girls - Football 11 Boys – Badminton	10 Girls - Rounders 10 Boys - Softball 11 Girls - Rounders 11 Boys - Softball	10 Girls - Rounders 10 Boys - Softball
Arts Mark	Students will have the opportunity to experience various roles within sport such as performer, referee, umpire, judge, sports leaders and given the opportunity to improve their knowledge and skills both practically and in these roles.					

Building on prior learning	The aim of this year in physical education is to afford the opportunity for students to apply the learning they have developed over previous years. Students will still be taught via drill-based activities and games that enhance and develop skills but also sees student able to apply them in competitive situations. Allowing pupils, the opportunity to perform in such situations will embed a love of sport and increase the likelihood of students continuing to participate in sport after they leave Crestwood.
Enrichment within the Curriculum	Pupils will explore other aspects of sport in lessons such as roles and responsibilities of officials in the games they participate in. Leadership will also be introduced as will enhanced reference to sport for life and the benefits that sport participation can have. Students can also receive sports ties that recognise the contributions made by students in the PE department in terms of extra curricular and club contributions.
Extracurricular opportunities	Year 10 and Year 11 students have access to many extra- curricular sports teams and clubs including Football, netball, basketball, rugby, volleyball, rounders, softball, tennis, cross country and athletics events. Pupils have the opportunity to attend social settings, team training sessions and have the chance to play competitively in a variety of league fixtures against other schools.
Positive impacting on personal development (SMSC)	Physical Education has the ability to develop pupils' spiritual, moral, social and cultural development through the development of skills, techniques and decision making in sport and physical activity. Pupils participating in sport will also build skills such as resilience the ability to problem solve and develop as independent learners.
Preparing for the next stage of education	Pupils will have developed to become competent performers across a range pf sports and physical activities based on the previous learning they have experienced. Key stage 4 Physical Education has a responsibility to provide stress – releasing activities that pupils can access for the rest of their lives. Pupils will leave Crestwood having an awareness of how to maintain a healthy lifestyle.
Ways to support your child's learning	Encourage your child to be physically active. Could you ask them to demonstrate a skill they have learned in a PE lessons? You don't always need all of the relevant equipment in order for them to be able to show you! Did you know that we have excellent links at Crestwood with local sports clubs and that these links can be used to get interested students in clubs and attending physical activity sessions, this will add even further strength to the likelihood that students will participate in sport for the rest of their lives and this in turn increases the healthy active lifestyle that we all want our children to grasp? Is your child showing a keen interest in a particular sport and you would like to start taking them to a local club? Use the following websites to locate clubs; www.bbc.co.uk/sport/get-inspired and www.sportengland.org