

PHYSICAL EDUCATION KEY STAGE 4

MODULES/UNITS

Students cover a variety of traditional sports and new upcoming sports as part of their experience. The aim is to continue to refine and skills learnt in KS3. The techniques of a range of sports are continued to be developed as well as building on the confidence of students to play sport. More opportunities are created for pupils to lead and further their understanding of sportsmanship.

Autumn Term

Pupils cover traditional team games. Specific skills refined through the sports include:

Ball handling and control, types of passing, receiving the ball, tackling, defending and shooting. Pupils are expected to build on skills previously learnt. There are also opportunities for students to lead and demonstrate skills for others, building on coaching skills.

Spring Term

The lessons involve a continuation of competitive games. Specific skills refined within lessons through the sports include: Gripping techniques, serving, types of shots (ie. Forehand, backhand, defensive), stances and footwork. Pupils will spend time polishing these skills via competitions within lessons. Pupils will also work on aesthetic activities. Specific skills focused on throughout this unit will include: Balancing, rolling, travelling, jumping and landing. Pupils will have continued opportunities to build on their knowledge of health and fitness via leading warm ups and completing fitness based activities within lessons.

Summer Term

Traditional summer sports are covered. The athletics shall be taught to enable pupils to appreciate the fitness components required for the sport. Specific skills developed through the sports include: Ball handling skills (throwing and catching), bowling, hitting, fielding.

FITNESS TESTING

WHE

Multi Stage Fitness Test (MSFT) – Designed to assess pupils to work to a maximal level. It tests **cardiovascular and muscular endurance**. The MSFT is a 20m shuttle run conducted against a CD timer that beeps increasingly quickly over time. The pupil continues until the beeps become too quick.

3 times per year

Hand Grip Dynamometer Test – Designed to measure **maximum strength**. As a general rule people with strong hands tend to be strong elsewhere, so this test is often used as a general test of strength.

3 times per year

The Standing Broad Jump – This test measures **power**, specifically of the legs. The students perform a single jump with both feet together.

3 times per year

The Sit and Reach Test – This test measures **flexibility**. Being flexible helps to reduce soreness of muscles and improve posture. This will support body alignment as they get older and help reduce the risk of muscular imbalance and posture changes.

3 times per year

SPORT FOCUS

WHEN

Football
Rugby
Basketball
Hockey

Autumn Term

Badminton
Volleyball
Gymnastics

Spring Term

Cricket
Rounders
Tennis
Athletics

Summer Term

SPORTS LEADERSHIP AWARD

Throughout KS4, students are offered the opportunity to fulfil the requirements for the Sports Leadership Award.

OTHER INFORMATION

Pupils have the opportunity to access further opportunities to develop physical skills via enrichment sessions run at Churchill such as football, cycling, and gross motor skills. Some pupils have the opportunity to integrate with Samuel Ward Academy for sports based enrichments. Sports day at Churchill aims to provide opportunities for pupils to experience a range of outdoor pursuits. Previous examples have included water sports such as sailing, kayaking, canoeing and windsurfing as well as other physical activities like archery and raft building.

SKILL DEVELOPMENT

Throughout the year PE lessons are focused on specific sports, requiring explicit teaching of skills linked with those games. Across all these different sports, teaching will endeavor to develop skills that can be applied within various contexts, these include: Hand-eye coordination, balance, coordination with an object, stamina, strength, flexibility, an understanding of fitness, power, teamwork and agility.