

### Y10/11 Core PE

**All pupils will experience 8 activities per year. They will experience each activity for 10 hours apart from OAA where they will experience 6 hours.**

**Due to ensuring that each activity is given the same amount of time to ensure that knowledge is developed, the activities will sometimes be split over two half terms.**

Throughout the year students will focus on 3 concepts which will be developed throughout KS3 and KS4. Students will use declarative and procedural knowledge to build develop their skills within the specific concept, not just in a specific sport. Outwitting opponents, Performance and Health Related Exercise. These concepts will continue to develop through KS3 and into KS4. In KS4, the activities will be tailored to the individual group of students and the focus will shift towards developing a range of soft skills through physical activity.

		Half term 1,2,3	Half Term 4,5,6
Core PE	Topic	Leadership, Creativity, Challenge and Adventure	Growth & Self Discovery, Communication and Oracy
	Why this and why now?	<p>Students will continue to develop knowledge of outwitting opponents, performance, and health related exercise through this period with an additional focus of Leadership, Creativity and Challenge and Adventure.</p> <p>Throughout KS3 students will have developed a range of transferable knowledge, skills, and tactical abilities in a broad range of activities.</p> <p>In KS4 students are then challenged to use their gained knowledge, skills and tactical abilities further through a range of activities that are tailored to their individual group to allow for greater engagement in PE and to promote a lifelong love of physical activity.</p> <p>During the first half of the year students will develop their leadership skills as well as creativity which will benefit students in various ways. Students will use the knowledge that they gained in KS3 to allow them to be successful in these units as they will be challenged to lead others, develop strategies and compositional ideas and tactics in a range of different activities.</p> <p>Students will also challenge themselves in new, adventurous activities exploring both outdoor adventurous activities as well as less popular activities within the UK.</p>	<p>Students will continue to develop knowledge of outwitting opponents, performance, and health related exercise through this period with an additional focus of Leadership, Creativity and Challenge and Adventure.</p> <p>Throughout KS3 students will have developed a range of transferable knowledge, skills, and tactical abilities in a broad range of activities.</p> <p>In KS4 students are then challenged to use their gained knowledge, skills and tactical abilities further through a range of activities that are tailored to their individual group to allow for greater engagement in PE and to promote a lifelong love of physical activity.</p> <p>Students will focus on Growth and Self Discovery through the second half of the year exploring their own abilities both physically, mentally, and emotionally. Student's will also focus on their communication and oracy skills which will benefit them through KS4 and beyond.</p>

	<b>What is the essential knowledge that needs to be remembered?</b>	<p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>- How to lead effectively with confidence demonstrating effective communication to others including both non-verbal and verbal communication.</li> </ul> <p><b>Creativity</b></p> <ul style="list-style-type: none"> <li>- How to select and implement a tactic to overcome opponents, a training plan to benefit themselves or others, choreograph a dance or routine to demonstrate skills.</li> </ul> <p><b>Challenge and Adventure</b></p> <ul style="list-style-type: none"> <li>- Students will challenge themselves in a variety of situations including outdoor adventurous activities.</li> </ul>	<p><b>Growth and Self Discovery</b></p> <ul style="list-style-type: none"> <li>- Explore their abilities in physical situations and self-assessing themselves and discovering strengths and areas for improvement.</li> </ul> <p><b>Communication and Oracy</b></p> <ul style="list-style-type: none"> <li>- How to communicate effectively in a variety of situations including giving effective feedback, and working as a cohesive unit to achieve a common goal.</li> </ul>
	<b>What is the assessment intent and how will you assess?</b>	<p>Students will be assessed using the PE secure assessment criteria which assesses them using Head Heart and Hands.</p> <p>Students will not be assessed on their ability to perform in a specific activity but will be assessed as a whole, assessing their procedural knowledge, their declarative knowledge as well as their ability to demonstrate key values and soft skills.</p>	<p>Students will be assessed using the PE secure assessment criteria which assesses them using Head Heart and Hands.</p> <p>Students will not be assessed on their ability to perform in a specific activity but will be assessed as a whole, assessing their procedural knowledge, their declarative knowledge as well as their ability to demonstrate key values and soft skills.</p>
	<b>What should the end points look like</b>	<p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>- Lead a small group through a warmup, drill or game with confidence.</li> <li>- Demonstrate effective communication skills</li> </ul> <p><b>Creativity</b></p> <ul style="list-style-type: none"> <li>- Implement an effective tactic, routine or training plan to demonstrate skills effectively in activity area</li> <li>- Design an effective tactic, routine or training plan.</li> </ul> <p><b>Challenge and Adventure</b></p> <ul style="list-style-type: none"> <li>- Complete challenging and adventurous activities building on skills learned in KS3</li> <li>- Demonstrate effective confidence and communication skills when completing various activities.</li> </ul>	<p><b>Growth and Self Discovery</b></p> <ul style="list-style-type: none"> <li>- Take part in various physical activities and situations and develop their physical and mental abilities.</li> <li>- Conduct self-assessment and identify strengths and areas to improve.</li> </ul> <p><b>Communication and Oracy</b></p> <ul style="list-style-type: none"> <li>- Demonstrate effective communication through physical activity.</li> <li>- Provide effective feedback to a peer.</li> <li>- Work as a cohesive unit to achieve a common goal.</li> </ul>
	<b>How does it cover the NC</b>	<ul style="list-style-type: none"> <li>- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> </ul>	<ul style="list-style-type: none"> <li>- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> </ul>

		<ul style="list-style-type: none"> <li>- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</li> <li>- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</li> <li>- Develop their technique and improve their performance in other competitive sports and physical activities</li> </ul>	<ul style="list-style-type: none"> <li>- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</li> <li>- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</li> <li>- Develop their technique and improve their performance in other competitive sports and physical activities</li> </ul>
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