

Haslingden High School KS4 Core PE Rationale

Purpose of study:

Haslingden High School offers a high-quality physical education curriculum which aims to inspire all students to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for students to become physically confident in a way which supports their health and fitness. The HHS PE curriculum offers opportunities to compete in sport and activities that build character and help to embed values such as fairness and respect.

National Curriculum Aims KS4 Core PE

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

The KS4 Core PE curriculum allows all students a competitive or social environment to refine their sports skills. Choice is key in KS4 Core PE to allow for greater motivation and long term health benefits. As students move through KS4 their personal sports programme narrows as they begin to develop specialisms and enjoy either the competitive, social or active fitness elements.

	Content	Sports / Skills	Rationale / Link to NL
Year 9	Invasion Games Striking and Fielding Net Games Gymnastics Active Fitness	Football Basketball Hockey Netball Active Dodgeball Rounders Softball Badminton Volleyball Trampolining Circuit training Walking	Students in KS4 should tackle complex and demanding physical activities of their choice. They should get involved in a range of personal activities that develops fitness and promote an active, healthy lifestyle. All students should be able to use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Students will be given opportunities to develop their technique and improve their performance in a range of competitive sports or other physical activities. By KS4 students should be able to evaluate their personal strengths and weaknesses in their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.
Year 10	Invasion Games Striking and Fielding Net Games Gymnastics Active Fitness	Football Basketball Hockey Netball Active Dodgeball Rounders Softball Badminton Volleyball Trampolining Circuit training Walking	All students will be encouraged to take part regularly in competitive sports and activities as part of school teams or outside school through community sports clubs. The key focus of all KS4 Core PE lessons should be active participation. All students are expected to bring kit for their PE lesson; kit will be provided for those who do not bring it. The atmosphere should be positive and engaging to ensure all KS4 students enjoy active PE lessons throughout KS4.

Year 11	Invasion Games Striking and Fielding Net Games Gymnastics Active Fitness	Football Basketball Hockey Netball Active Dodgeball Rounders Softball Badminton Volleyball Trampolining Circuit training Walking	
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