

## KS3 and KS4 (Core) Physical Education Curriculum Intent

### What the curriculum is designed to do

At Tibshelf Community School, our Physical Education department harnesses the power of sport and physical activity to enhance students' physical, mental, and social well-being. Through an exciting and diverse curriculum, students will engage in a wide range of sports each year, from Basketball and Rugby to Dance and Athletics. Our PE program is designed not only to foster a passion for sport but also to emphasize the value of a healthy, active lifestyle. Our goal is to empower students with the skills, knowledge, and experiences they need to enjoy lifelong participation in sport and physical activity.

### How we deliver the curriculum

Year Group	Number of lessons	Content
Y7 Core PE	4 over two weeks	Students will foster their intellectual curiosity through a diverse array of activities designed to help them acquire new skills, build confidence, and enhance their physical literacy. They will also have opportunities to lead small groups, encouraging collaboration and leadership development.
Y8 Core PE	4 over two weeks	Students will build their foundations with more advanced challenges. They will have the chance to deepen their understanding and refine their skills, while also taking on greater leadership roles within their groups to encourage teamwork and critical thinking.
Y9 Core PE	3 over two weeks	Students will elevate their learning experience by engaging in more complex and competitive activities that foster critical thinking and creativity. Building on their previous experiences, they will tackle new challenges that not only promote collaboration but also emphasize the spirit of competition.
Y9 (Option Class)	4 over two weeks	Introduction to the key concepts of KS4 theory: Components of fitness, principles of training, rules and regulations and effective leadership.
Y10/11 Core PE	2 over two weeks	A diverse range of activities will refine their skills, build resilience, and foster a passion for staying active, preparing them for healthy, fulfilling lives beyond Tibshelf Community School

### How we assess students

KS3 students are assessed at the end of every half-term in each sport that they cover. They will be assessed in two areas:

- Practical Performance: Student's demonstration of practical ability in each sport.
- Sports Leadership: Student's demonstration of effective leadership.

Students are encouraged to attend extra-curricular activities to further enhance their skills and knowledge to maximise their progress in Physical Education.

### How it benefits students learning and personal development

Students will gain a variety of interpersonal skills in PE including leadership, teamwork, resilience, empathy, and analytical skills. Students will also have a wide range of enrichment and extra-curricular opportunities to increase their social and cultural capital.