

KS4 Physical Education Curriculum Intent

What the curriculum is designed to do

The Physical Education department at Tibshelf Community School strive to use power of physical activity and sport to improve physical, mental and social well-being. Student's will study a huge variety of sports over each year, ranging from Basketball and Rugby to Dance and Athletics. Throughout the whole curriculum, we aim to promote the importance of leading a healthy active lifestyle with the ultimate intention of equipping students with the skills, knowledge and opportunities to achieve lifelong participation in sport and physical activity.

How we deliver the curriculum

Pupils are placed into mixed ability groups where they will have one PE lesson per week. As part of this, they will usually cover one indoor sport and one outdoor sport per half term. We encourage a comfortable environment that has a participation focus not just competition.

We will continue the work on Health and Wellbeing from KS3, ensuring pupils remain to understand the positive connection between PE and the aspects of 'Mental, Physical and Social Health'.

How we assess students

We shift the focus of assessment in KS4 Physical Education and instead focus on lifelong participation in sport and physical activity.

How it benefits students learning and personal development

Students will gain a huge variety of interpersonal skills in PE including leadership, teamwork, resilience, empathy, and analytical skills. Students will have a wide range of enrichment opportunities to increase their social and cultural capital such as extra-curricular clubs and trips such as the Holland Football Tour, Bronze Duke of Edinburgh Award, and the Ski Trip.