

KS4 CORE PHYSICAL EDUCATION

Years 10 & 11

TERM 1 content and skills	TERM 2 content and skills	TERM 3 content and skills	EXTENDED CURRICULUM (trips/visits/after school activities)
<p>In core PE pupils select a pathway that they would like to take part in. This pathway continues for the whole year and they will engage in a variety of different activities that fit within the topic area. Please see below for a description of each pathway that we offer.</p> <p>The Performance Competitive Games pathway is designed for those students who enjoy playing team sports and are motivated to compete and win. They have an opportunity to develop tactics and strategies and improve their technique and performance. These sports also link to extracurricular clubs and sports links in the community. Pupils will take part in sports such as football, dodgeball, rugby, basketball, table tennis and softball.</p> <p>The Performance Games pathway considers those pupils who like traditional team games but want to take the focus away from competition and more on developing knowledge and technique. These recreational activities provide an opportunity to destress, spend time with friends and be physically active at the same time. A fantastic tool for developing a positive mental attitude. The games include badminton, football, hockey, ultimate frisbee, hockey, table tennis, dodgeball and cricket.</p> <p>The Performance Plus pathway is correlated with the leadership academy. Pupils use this time to develop their leadership skills including communication, organisation, teamwork and confidence. They then use these skills to deliver a variety of sports festivals to their peers and to primary school pupils. Through leadership and coaching pupils develop a greater understanding of sport, they begin to identify the intricacies in skill development and subtlety of coaching different personality types. This pathway is directly associated to the department ethos of developing employability skills through sport and physical activity. These activities include Tag Rugby, hockey, basketball, dodgeball, netball, table tennis, football, tennis, badminton and rounders.</p> <p>The Adventure pathway combines a variety of sports that fall in to the OAA category, they aim to present pupils with an intellectual and physical challenge whilst promoting teamwork, building trust and developing problem solving skills. These activities include mountain biking, rock climbing, dodgeball, orienteering and problem solving. This pathway allows you to develop tactics and strategies in gameplay, develop life skills, evaluate and assess performance through problem solving and develop and improve performance across all sports.</p> <p>The Healthy Active Lifestyles pathway has two separate strands, one that includes games and one that focuses mainly on fitness-based activities. Pupils on this pathway will engage in a range of physical activities to promote and manage their physical activity and health into adulthood. The aim is to create a link and establish an activity framework that ensures pupils are knowledgeable and equipped to participate in lifelong physical activity.</p>			<p>Across the year we offer an extensive extra-curricular programme. There are a variety of competitive opportunities across sports such as football, rugby, hockey, netball, basketball, badminton, tennis to name but a few. We also offer a range of recreational clubs for those pupils who enjoy being active but do not want a structured competitive format. These include but are not limited to, dodgeball, table tennis, badminton, rock climbing, swimming, basketball, squash, trampolining. All clubs go towards our Comberton Extra programme that rewards pupils for their commitment to all extra-curricular commitments at CVC.</p>
<p>Assessment: Within PE we operate a continuous assessment process across the whole year. Our assessment strands are embedded into our Schemes of Work, giving pupils an opportunity to achieve and progress in every lesson. At the end of each topic we will update our centralised assessment document on Go4Schools.</p>			