

Fairfield High School Curriculum Overview – Key Stage 4

Subject	PE	Why do we study these units in year Key Stage 4
Lessons per fortnight	2	<ul style="list-style-type: none"> In Key Stage 4 we follow the same structure of lessons as Key stage 3 but we allow students some choice as to the activity they study for the term. We continue to develop the principles of positioning and space but introduce defensive principles. We introduce more advanced rules and skills to build upon existing knowledge as well as introduce more advanced tactical awareness and gameplay. Lessons will be practical, progressive and differentiated. They will be challenging whilst supporting the needs of all students.
Setting	Tutor groups, split by gender	

Students are encouraged to be Responsible Global Citizens through activities/content on... Good Health and Well-being (UN Sustainable Development Goal 3) and to develop strong leadership skills which will equip them to contribute to economic growth (goal 8).

We ensure all students experience high challenge in the subject by including... High challenge by outcome and consistent use of peer teaching for all. Students develop analytical skills which allow them to coach other students, even those performing at elite level – regardless of their own performance level in the subject.

Literacy work this year includes... learning key terms for Physiology, fitness, and the body. We display this language and use these in formal sentences during class discussion and feedback. We encourage flipped learning through reading about key topical issues in sport physiology.

Innovation and Creativity opportunities this year include... Students are encouraged to think of innovative ways of supporting each other (e.g through adapting approaches to mindset) and aesthetic appreciation is taught as part of good form.

Employability opportunities/skills covered this year are...Leadership – students become coaches from term 1, as well as learning to collaborate. They also experience a session run by a professional sports organisation and will receive opportunities to watch professional and international sport.

Term	Unit title	Knowledge and Understanding/content	Skills	Assessment
Term 1	Girls- Netball/Badminton Boys -Rugby/ Touch Rugby	Positioning, Defending, Use of Space, Rules Replication of Advance skills	Leadership – peer teaching including teaching the whole class various activities	Teacher assessment on leadership, knowledge of key language and skills & performance
Term 2	Girls -Football / Fitness Boys- Basketball/ 5 A side Football	Positioning, Defending, Use of Space, Rules Techniques and Safety Replication of Advance skills	Fitness – an understanding of the benefits of healthy living built upon over time	Teacher assessment on fitness, knowledge & performance
Term 3	Girls- Badminton/Basketball Boys -Football 11 a side	Positioning, Defending, Use of Space, Rules Replication of Advance skills	Character – resilience, self-esteem, confidence	Teacher assessment on Character, knowledge & performance
Term 4	Girls Rugby/Hockey Boys Badminton/ 5 a side Football	Positioning, defending, Use of Space, Rules Techniques and Safety Replication of Advance skills	Mindset – building on the resilience work from last term	Teacher assessment on mindset, knowledge & performance
Term 5	Girls - Rounders Boys- Cricket	Throwing and Catching, Positioning, Rules Replication of Advance skills	Decision making – making decisions under pressure	Teacher assessment on decision making, knowledge & performance

Term 6	Athletics	Techniques, Safety and Rules Replication of Advance skills	Coaching – supporting and leading others at all levels	Teacher assessment on coaching, knowledge & performance
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