



Edgbarrow School
Key Stage 4
Physical Education



Curriculum Intent

In PE we aim to support physical, mental & social well-being as well as encourage healthy, active lifestyles whilst promoting lifelong participation in exercise through Physical Literacy. We aim to:

- *educate against sedentary lifestyles*
- *encourage the recommended hours of exercise per week*
- *inspire a love and enjoyment of physical activity*

○ What am I studying this year and how and when will I be assessed?

Knowledge & Skills	Time of Year	Assessment	Homework
<p>Students will follow a pathway that will focus on a concept curriculum* of Aspirations and Employability and each week will cover a subtopic.</p> <p>Students will demonstrate these concepts through a range of physical activities. These activities will fall under 4 categories of:</p> <ul style="list-style-type: none"> • Team Games • Individual Games • Fitness activities • Alternative activities which span the KS3 National Curriculum. <p><i>*Concept curriculum (CC) is an approach to curriculum design that moves away from subject-specific content and instead emphasises "big ideas" that span multiple subject areas or disciplines.</i></p>	Autumn, Spring & Summer Term	Attitude to learning based on the expectations	Although homework will not be set at KS3 we do recommend that you participate in co-curricular clubs after school.

Concept Curriculum

Unit 1 – Employability
Unit 2 – Fulfilling Potential
Unit 3 – Emotional Intelligence
Unit 4 – Redefining Competition

Students will demonstrate pride in their work by:

- Full participation in lessons
- Correct Edgbarrow PE kit
- Caring for equipment
- Respectful in the changing rooms
- Changed and to lesson promptly