

PHYSICAL EDUCATION COMPOSITE KNOWLEDGE COVERAGE

KEY STAGE 4



Intent: To challenge and further develop all learners' gross motor skills, regardless of their physical ability. Breaking down specific skills into small achievable steps, allowing learners continued opportunities to improve their swimming capabilities above the national requirements and to access leisure facilities within the community, all contribute to pedagogy of the learner. At Applebee Wood, we aim to follow Sports England vision 'Everyone in England regardless of age, background or ability, feels able to take part in sport or activity. Pupils will have access to BTEC qualifications if appropriate.

Repeated Yearly Mapping		Running throughout each cycle each half term
Autumn	1 Tag Rugby <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> <i>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games</i> Community Links -	Competitive <i>Where possible, pupils will be encouraged to join sports clubs.</i> <i>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</i>
	2 Fitness class e.g. kick boxing <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> <i>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</i> Community Links -	

Spring	1	Health and Fitness National Curriculum coverage to be taught at differentiated Developmental steps. Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group Community Links -	
	2	Cycling National Curriculum coverage to be taught at differentiated Developmental steps. Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges Community Links –	
Summer	1	Athletics National Curriculum coverage to be taught at differentiated Developmental steps. Develop their technique and improve their performance in other competitive sports Community Links -	
	2	Golf / Cricket National Curriculum coverage to be taught at differentiated Developmental steps. Develop their technique and improve their performance in other competitive sports Community Links -	
		NOTE - Where possible, Leisure lessons are community based and involve external coaches. Due to the nature of the sessions, this requires additional flexibility within the planning and delivery of the lessons. At Applebee Wood will cover all curriculum criteria however planned activities may vary based on opportunities and availability of external providers. The mapping is a one-year cycle. This allows pupils to revisit and build on prior learning and skills to be embedding within the community in support in their preparation to adulthood.	