

PE Core Curriculum (KS4) - Y10 and Y11

Subject Leader: James Kerrison

email: jkerrison@forgevalley.sheffield.sch.uk

KS4 Core PE Curriculum Intent

KS4 Core PE provides students with enjoyable, recreational physical activity that promotes positive physical and mental wellbeing. Through participation in a range of individual and team activities, students develop confidence, resilience and the motivation to remain physically active beyond school. The curriculum emphasises stress management, social connection, healthy lifestyle choices and the value of exercise as a lifelong tool for maintaining health and wellbeing.

A key feature of the KS4 curriculum is the integration of the Forge Valley ME in PE framework. Each activity is deliberately paired with a personal development objective, ensuring that physical activity becomes a platform through which students develop the knowledge, behaviours and character traits needed for success in school, further education and adult life.

YEAR 10/11	Core Knowledge	Procedural Knowledge
	Topic (Pupils know ...)	(Pupils will do ...)
Badminton	• Benefits of racket sports for lifelong participation and stress reduction • Singles and doubles rules • Shot selection (clear, drop, smash and net shot) • Importance of movement and recovery to base	• Perform a variety of shots with increasing control • Sustain rallies and participate in competitive games • Support and provide feedback to peers
Cross Country	• Links between cardiovascular exercise and mental health • Pacing strategies • Recovery and hydration • Goal setting for personal improvement	• Maintain a consistent pace • Set and review personal targets • Complete continuous running activities confidently • Experience the benefits of exercise to aid mental health
Fitness	• Physical activity and mental wellbeing • Basic training methods and their purpose • How exercise can reduce stress and improve mood • Safe use of fitness equipment • Benefits of maintaining activity during exams	• Complete a range of cardiovascular and muscular fitness activities • Monitor effort levels independently • Develop personal exercise routines

Football	- Principles of possession, width and support - Benefits of football for social wellbeing - Importance of fair play and resilience	- Apply attacking and defensive principles in game situations - Communicate effectively with teammates - Participate safely and positively
Table Tennis	- Rules and scoring systems. Forehand, backhand and serving techniques - Tactical placement and spin - Benefits of accessible recreational sports	- Apply spin, placement and control during rallies - Officiate and score games confidently - Adapt tactics when competing
Kinball	- Rules and principles of Kinball - Importance of communication and teamwork - Physical activity as a tool to manage stress - Inclusive nature of recreational sport	- Participate actively in team roles - Apply communication and cooperation skills - Reflect on the wellbeing benefits of participation
Ultimate Frisbee	- Self-officiating and the "Spirit of the Game" - The importance of communication, cooperation and fair play - The physical and mental wellbeing benefits of participation in recreational team sports - How self-officiated activities promote responsibility, honesty and integrity	- Make decisions independently and apply tactics to outwit opponents - Officiate games fairly and resolve disputes respectfully - Communicate positively with teammates and demonstrate leadership when required
Optional activities	- Local opportunities for participation - Recreation and healthy lifestyles - Benefits of remaining physically active as an adult	- Engage positively in chosen activities - Apply previously learned skills in new settings - Plan participation beyond school / into adulthood

Homework:

Homework is not completed for Core PE at KS4.

Assessment:

Assessment data records effort, behaviour and attitude. We do not assess students on technical (practical) skills, as our focus for PE is to engage students in activity and ensure they understand the relevance of sport and activity in relation to positive mental and physical wellbeing.

Personal Development through the ME in PE Framework:

Students continue to develop physically and personally through our ME in PE framework.

Physical ME: Students refine sport-specific skills, apply tactics in increasingly authentic game situations and gain confidence participating in a range of recreational activities. They develop the competence needed to engage independently in physical activity beyond school.

Social ME: Students strengthen communication, teamwork and leadership skills through collaborative activities and game play. They learn to support others, seek support when required and contribute positively to group environments.

Thinking ME: Students evaluate performance, solve problems, set goals and reflect on progress. They learn to adapt strategies independently and develop the confidence to overcome challenges both in sport and wider life.

Employable ME: Students develop resilience, integrity, self-motivation and personal responsibility. Through participation, officiating and leadership opportunities they learn the importance of perseverance, reliability and maintaining high standards for themselves and others.

Healthy ME: Students develop an understanding of how physical activity supports both physical and mental health. They learn practical strategies for managing stress, building self-esteem, maintaining positive relationships and creating healthy habits that can be sustained beyond their time at Forge Valley.

By Year 11, students should leave Forge Valley with the knowledge, confidence and motivation to use physical activity as a tool to support their health, wellbeing and quality of life. Through the ME in PE framework, students are encouraged to become active citizens who understand the value of exercise not simply for performance, but for recreation, enjoyment and lifelong wellbeing.