

Werneth Physical Education Curriculum KS4

		Year 10	Year 11
Autumn 1	Content (Why)	Promote an active, healthy lifestyle and develop long-term personal fitness. Encourage regular, lifelong participation in competitive sports and physical activities beyond school through community links and local sports clubs. Encourage students to look for opportunities to be involved in sport and physical activities by learning life skills that will complement their learning.	Promote an active, healthy lifestyle and develop long-term personal fitness. Encourage regular, lifelong participation in competitive sports and physical activities beyond school through community links and local sports clubs. Encourage students to look for opportunities to be involved in sport and physical activities by learning life skills that will complement their learning.
	Content (What)	Tackling complex, demanding physical activities across a range of disciplines. Engaging in team and individual games (e.g., badminton, basketball, football, netball, rugby). Participating in competitive sports (e.g., athletics, gymnastics) and physical activities (e.g., dance, fitness). Taking part in outdoor and adventurous activities across varied environments that present both intellectual and physical challenges. Develop leadership and essential life skills for life beyond school.	Tackling complex, demanding physical activities across a range of disciplines. Engaging in team and individual games (e.g., badminton, basketball, football, netball, rugby). Participating in competitive sports (e.g., athletics, gymnastics) and physical activities (e.g., dance, fitness). Taking part in outdoor and adventurous activities across varied environments that present both intellectual and physical challenges. Develop leadership and essential life skills for life beyond school.
	Acquire (Knowledge)	Understanding tactics and strategies needed to overcome opponents in competitive gameplay. Knowing how to evaluate personal and group performances against previous attempts to track progress and achieve a personal best. Understanding how to solve problems individually and collaboratively in challenging environments.	Understanding tactics and strategies needed to overcome opponents in competitive gameplay. Knowing how to evaluate personal and group performances against previous attempts to track progress and achieve a personal best. Understanding how to solve problems individually and collaboratively in challenging environments.
	Apply (Skills)		
Autumn 2	Content (Why)		
	Content (What)		
	Acquire		

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	(Knowl edge)		
	Apply (Skills)		
Spring 1	Content (Why)		
	Content (What)		
	Acquire (Knowl edge)		
	Apply (Skills)		
Spring 2	Content (Why)		
	Content (What)		
	Acquire (Knowl edge)		
	Apply (Skills)		
Summer 1	Content (Why)		
	Content (What)		
	Acquire		

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	(Knowl edge)		
	Apply (Skills)		
Summer 2	Content (Why)		
	Content (What)		
	Acquire (Knowl edge)		
	Apply (Skills)		