



## Verulam School: Key Stage 4 CURRICULUM INFORMATION

**Department: PE**

**Subject Leader: Mr Errington**

**Subject Vision:** The purpose of PE at Verulam is to encourage pupils to make physical activities a central part of their life, both in and out of school. We want them to enjoy and succeed in many kinds of physical activities so that they lead happy and healthy lives. This feeds into the whole school vision and intent - we want pupils to leave strong mentally and emotionally. In order for this to happen, we have planned a broad range of activities and experiences so that all pupils feel valued and loved, no matter what their physical strength or sporting history. This broad and balanced curriculum gives all pupils opportunities to enjoy taking part in PE. Within lessons pupils will be able to develop skills to enable them to cope with everyday life experiences during and beyond their school journey. Resilience, being adaptable, resourceful, innovative and working as part of a team are transferable skills at the forefront of PE lessons. Embedded in all lessons is our "call it out initiative" aiming to tackle discriminative language and encourage pupils to take an active stance against discriminate language. Outside of lessons these can be improved further through extra-curricular clubs, fixtures and through our partnerships with local sporting teams we aim to offer an increased range of extra-curricular clubs with clear pathways for pupils to continue their sporting interests further.

	<b>YEAR 10</b>					
<b>Term</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Topic/Unit Title	Paper 2: 1.1 Health, Fitness and Well being 1.2 Consequences of a sedentary lifestyle 1.3 Energy,Diet, Nutrition, Hydration 2.1 Classification of Skills 2.2 Goal Setting - SMART Targets	2.3 Guidance and feedback on performance 2.4 Mental preparation for performance 3.1 Engagement patterns of different social groups in physical activity 3.2 Commercialisation of physical activity and sport	3.3 Ethical and socio-cultural issues in physical activity and sport Paper 1: 1.1 The structure and functions of the musculoskeletal system 1.2 The structure and functions of the cardiovascular system	1.3 Anaerobic and Aerobic exercise 1.4 The short and long term effects of exercise 2.1 Lever systems and sporting movement 2.2 Planes and axes of movement	3.1 The relationship between health and fitness and exercise 3.2 The components of fitness 3.3 Principles of training	3.4 How to optimise training and prevent injury 3.5 Effective use of warm up and cool down  Personal Exercise Plan

	<b>YEAR 11</b>					
<b>Term</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Topic/Unit Title	Personal Exercise Plan Continued  Recap areas of weakness as a class.	9 mark question answers  Personalised revision	Past Papers and Personalised revision	Past Papers and Personalised revision		