



Subject	Year	Term
Physical Education (Core)	10	2
Topic		
Development Of Fitness Training Programme		
Content (Intent)		
Prior Learning (Topic) Tactics, strategies and development of technique		
<p>The emphasis in KS4 is on participation and enjoyment to promote a prolonged interest in sport and physical activity.</p>		
<p>Physical activity is clearly and practically related to issues of health and well-being through a selection of team/individual games</p>		
<p>Students to design their own personal exercise programme taking into account their current lifestyle.</p>		
Future Learning (Topic) Develop technique and performance through summer sports programme		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p>Students involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.</p> <p>Students will continue to develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, football, hockey, netball, rugby and volleyball.]</p> <p>Developing competence to excel in different physical activities</p>	<p>No Formal assessment within Key stage 4 Core PE. However lessons will be used to help assess GCSE/BTEC students on selected sports for their examination course</p>	
How can parents help at home?		
<p>Encourage students to eat healthy and participate in some form of physical activity outside of school.</p>		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading	Vocabulary Lists	