



Subject		Year	Term
Physical Education		11	2
Topic			
Development Of Fitness Training Programme			
Content (Intent)			
<b>Prior Learning (Topic)</b>		Development of leadership skills	
<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 engage in different fitness activities to help promote an active and healthy lifestyle.</p>			
<b>Future Learning (Topic)</b>		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, American Football, badminton, basketball, football, hockey, netball, rugby and volleyball.]</p> <p>Developing competence to excel in different physical activities.</p> <p>Continued development of /officiating, leadership skills through different sporting 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> <p>Parents to help seek out officiating/coaching opportunities for students in local clubs/area.</p>			
Helpful further reading/discussion (including Reading and Vocabulary Lists)			
Reading		Vocabulary Lists	