

Key Stage 3 and 4 Core Physical Education

Curriculum content

Half Term	Key Stage 3 – Year 9	Key Stage 4 – Year 10	Key Stage 4 – Year 11
	This terms theme is... believing in myself and ensuring social belonging	This year’s theme is... Building mental health and managing pressure	This year’s theme is... Making active lifestyle and career choices.
Autumn 1	Students will participate in two of the following activities: Netball, Rugby Union, Badminton and Gymnastics	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball, Football, Health Related Fitness Gymnastics, Trampolining and Dance	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball, Football, Health Related Fitness Gymnastics, Trampolining and Dance.
Autumn 2	Students will participate in two of the following activities: Badminton, Football, Gymnastics, Trampolining and Dance	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball,	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball, Football, Health

		Football, Health Related Fitness Gymnastics, Trampoline and Dance.	Related Fitness Gymnastics, Trampoline and Dance.
	This term's theme is... learning to learn, lead and developing growth mind-sets		
Spring 1	Students will participate in two of the following activities: Basketball, Hockey, Gymnastics, Football, Lacrosse and Tag Rugby	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball, Football, Health Related Fitness Gymnastics, Trampoline and Dance.	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball, Football, Health Related Fitness Gymnastics, Trampoline and Dance.
Spring 2	Students will participate in two of the following activities: Basketball, Hockey, Gymnastics, Football, Lacrosse and Tag Rugby	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball,	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Netball, Rugby Union, Hockey, Badminton, Basketball, Lacrosse, Handball, Football, Health

		Football, Health Related Fitness Gymnastics, Trampolining and Dance.	Related Fitness Gymnastics, Trampolining and Dance.
	This terms theme is... building aspirations and making choices		
Summer 1	Students will participate in two of the following activities: Health Related Fitness, Athletics, Short Tennis, Rounders and Cricket.	Depending on the pathway chosen and the allocated teaching area students will participate in two of the following activities: Leadership activities, Athletics, Short Tennis, Rounders and Cricket.	Depending on the pathway chosen and the allocated teaching area students will participate in at least, one of the following activities: Leadership activities, Badminton, Basketball, Football, Minor Games, Short Tennis, Rounders and Cricket.
Summer 2	Start of Year 10 Students will opt to participate in one of the following four pathway: 1. Competitive Individual and Team games. 2. Creative Activities. 3. Level 1 Sports Leaders Award.	Start of Year 11 Students will opt to participate in one of the following four pathway: 1. Competitive Individual and Team games. 2. Creative Activities. 3. Level 1 Sports Leaders Award.	

Skills

Our Core Physical Education curriculum aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Students at Gosforth Academy will be taught to:

1. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis].
2. Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics].
3. Perform dances using advanced dance techniques within a range of dance styles and forms.
4. Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
5. Analyse their own and others' performances compared to previous ones and demonstrate improvement to achieve their personal best.
6. Develop their inter-personal and leadership skills through a range of physical activities and challenges.
7. Develop character traits such as resilience, persistence and self-management in order to achieve a positive
8. Take part in competitive sports and activities outside school through community links or sports clubs.