



# Welcome to Cardinal Wiseman Key Stage 4 P.E Curriculum



What is the Cardinal Wiseman P.E Departments intent (intention or purpose).

To develop Physical Literacy through the development of **knowledge**, **physical competences** and **character**. Giving pupils improved life chances through a healthier and more active lifestyle.

## KS4 Options

### NCFE Level 2 VCERT Health and fitness

<https://www.qualhub.co.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-4579>

This qualification is designed for learners who want an introduction to Health and Fitness that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the Health and Fitness sector or progress onto further study.

### Level 2 Technical Award Creative and performing arts (RSL)

<https://www.rslawards.com/vocational/creative-performing-arts/>

Vocational practical course in Dance allowing pupils to specify in a set discipline with a performance arts sector. Pupils complete ensemble unit and improve leadership skills creating a performance for an audience that suits pupils chosen dance style and ability. This course is ideal for dancers and anyone aspiring to have career in the performing arts.

## CORE P.E

In year 10 we employ a sports education model which is explained on the last slide. In year 11 pupils get to select an option each term. Lifelong participation is key and by this stage of the curriculum pupils need to be able to select what they like and peruse it. The image below is the last slide in this document and provides information on what we do in both year 10 and 11 core P.E

**What will your 10 look like?**

**Introduction of Sport Education**

In Sport Education you will be members of team in seasons that are longer than the usual physical education unit. You will perform roles that are evident in authentic sport settings such as captains, coaches, trainers, statisticians, officials, publicists, and members of a sports council. Each lesson points will be available for a variety of categories. For example team work and great drill or tactical ideas. All points will go towards a unit long league table. This will take place in all team sports and some individual ones.

**A variety of physical activities**

Sport Education and Sports Leadership									
Sports Leadership Skills (SLLS) Skills and		Sports Leadership Skills (SLLS) Skills and		Sports Leadership Skills (SLLS) Skills and		Sports Leadership Skills (SLLS) Skills and		Sports Leadership Skills (SLLS) Skills and	
Leadership and	Game Management	Referee/Terms	Team Management	Advanced Skill	Advanced Skill	Advanced Skill	Advanced Skill	Advanced Skill	Advanced Skill
Strategic	Strategic	Strategic	Strategic	Strategic	Strategic	Strategic	Strategic	Strategic	Strategic
Game play	Game play	Game play	Game play	Game play	Game play	Game play	Game play	Game play	Game play
Advanced skills	Advanced skills	Advanced skills	Advanced skills	Advanced skills	Advanced skills	Advanced skills	Advanced skills	Advanced skills	Advanced skills
Understanding	Understanding	Understanding	Understanding	Understanding	Understanding	Understanding	Understanding	Understanding	Understanding

**What will your 11 look like?**

**A variety of physical activities and you get the choice**

**My Personal Sports Pathway: Post 16 Sports Journey**

Pupils Get half termly optional choices. Pupils must decide what activities they most enjoy and keep them most active. Promotion of life long participation for all.

*To have a healthy and happy life as a physically literate pupil you will need to take responsibility and participate in the activities you enjoy. The aim is you will continue to participate in your chosen activities long after leaving Cardinal Wiseman*



THE **BIG** QUESTION

What is the Cardinal Wiseman P.E Curriculum?

THE **SMALL** QUESTION

What do I learn in year 10 -11 and Why?



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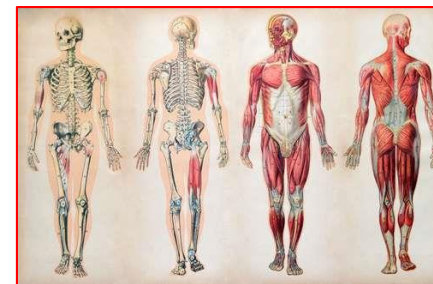
**Physical Competencies-** The development of pupils physical literacy and fundamental skills through a sequenced practical curriculum which encompasses a broad range of sporting and physical activities.



**Knowledge-** Learning about the human body and how to lead a healthy and active lifestyle. This includes nutrition and the short and long term effects of exercise. Pupils will also learn about inspirational sporting icons and the different careers in P.E



**Character-** The development of pupils character through our Me In P.E system. This assess pupils across the following areas.



*Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."*

## Questions

Identify how we as a P.E Department will be developing your physical literacy?

Explain how you get assessed in P.E?

Evaluate why having strong physical literacy is important to have a successful and long happy life?

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## A variety of physical activities

Sport Education and Sports Leadership							
Sports Leadership focus through skill, tactic and competition development							
Leading/develop tactical knowledge	Game Management	Striking Tactics	Basic Elements Development	Intervention Only-assessment from Year 9 to decide the groups	Competition	Independent Fitness Testing	Evaluation
Marking space/off the ball	Advanced tactical development	Game Management	Advanced Vault Technique		Recap of Field Events	Fitness Programme Design	Appreciation of Professional Repertoire
Game play development/positions	Game Play development	Game Play development	Advanced trampolining skills		Event Set Up	Teamwork and Communication to overcome problems	Personal development as a dancer
Positional Awareness and understanding	Advance rules (doubles/singles)	Recapping of Fielding Skills	Trampolining routines		Measuring, Timing and Officiating	Fitness / Sports Leadership	Practitioners of performing arts
Invasion games	Net/ Wall/ Racket	Striking and Fielding	Gymnastics	Swimming	Athletics	Fitness and Outdoor Ed	Dance

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