



Sir John Cass Red Coat School Programme of Study – Key Stage 4

Subject: PE

Year 10

Year 11

Topics Covered/ Areas of Focus & Skills Development & Expected Progress:

YEAR 10 & 11 CORE PE

The aim of the Key Stage 4 course is to consolidate the learning of students from key stage 3 and develop the skills required for Key Stage 4 and beyond so that the students go on to have healthy and active lifestyles.

Years 10 & 11 begins with a fitness test. Students are tested termly to monitor their fitness progress. The activities that are taught in years 10 & 11 include two 6 week blocks of lifesaving based around the swimming pool environment as well as an Emergency First Aid certificate. Also there is a 6 week block of fitness and a block of indoor and outdoor games for students featuring traditional invasion games of football and basketball as well as Badminton and Cricket. Students also have the opportunity to develop their coaching and leadership skills and have the chance to take the Sports Leaders Award which is an another additional award they can add to their CV.

Topics Covered/ Areas of Focus & Skills Development & Expected Progress:

BTEC LEVEL 2 First Award in SPORT Year 10

In Unit 1 you will cover the components of physical and skill-related fitness and the principles. You will explore different fitness training methods for developing different components of fitness and also fitness testing skills.

Unit 2 focuses on developing and improving your own practical sports performance. This is achieved through your active participation in practical activities and reflection on your own performance and that of other sport performers. You will investigate the rules and regulations of different sports and apply the knowledge gained through observing officials in action. You will also take part in a variety of sports and are required to demonstrate the skills, techniques and tactics within each of the sports selected for assessment. You will also review your performance in the sports in which you participated.

Expected Progress by the end of Year 10

Most students will achieve a Pass (C)

More than expected progress by the end of Year 10

Some pupils will achieve a Merit (B) or Distinction (A*-A).

Topics Covered/ Areas of Focus & Skills Development & Expected Progress:

BTEC LEVEL 2 First Award in SPORT Year 11

For Unit 4, you'll look at the musculoskeletal and cardiorespiratory systems and how they function normally and how they can function as a result of taking part in exercise/sport over a length of time. You'll also look at the energy systems for different sporting activities.

For Unit 5, you will go through the stages of designing a personal fitness training programme, where you can select any appropriate method(s) of training to improve or maintain your fitness levels safely. You will gain awareness of personal exercise adherence factors and strategies to help you keep to your training schedule. You will also implement your training program maintaining a training diary. Finally you will review your programme looking at strengths, areas for improvement and suggesting recommendations for future training and performance.

Expected Progress by the end of Year 11

Most students will achieve a Pass (C) or Merit (B) grade

More than expected progress by the end of Year 11

Some pupils will achieve a Distinction (A*-A).

Assessment:

All units are assessed against the assessment criteria set out in the specification. Once each unit grade is finalised, it will count towards the overall qualification grade. Units are graded at: Distinction, Merit, Pass, Level 1 or Unclassified.

The BTEC First in Sport includes both internal and external assessment. 75% is teacher-led internal assessment and 25% is external assessment using an onscreen examination, which lasts for 1 hour and has 50 marks.

Literacy:

Students should express ideas and information clearly, precisely, accurately and appropriately in spoken and written communication. In writing, students should write accurately and fluently choosing content and adapting style and language to a wide range of forms, media, contexts, audiences and purposes. In reading, students should understand how meaning is constructed through words, sentences and whole texts, recognising and responding to the effects of language variation.

Numeracy:

Students should be able to use calculators effectively and efficiently. They should also be able to change the subject of an equation and substitute numerical values into simple formulae and equations using appropriate units.

ICT:

Use of ICT to analyse work and feedback

Life in Modern Britain:**Core PE**

Health and Safety regulations & Rules/Laws of Sport

Olympic and Paralympic Values (FRED ICE)

Friendship – how, through sport, to understand each other despite any differences

Respect – fair play; knowing one's own limits; and taking care of one's health and the environment

Excellence – how to give the best of oneself, on the field of play or in life; taking part; and progressing according to one's own objectives

Respectful dialogue/ feedback in activities.

BTEC Level 2 First Award in SPORT

Health and Safety regulations & Rules/Laws of Sport

Olympic and Paralympic Values (FRED ICE)

Friendship – how, through sport, to understand each other despite any differences

Respect – fair play; knowing one’s own limits; and taking care of one’s health and the environment

Excellence – how to give the best of oneself, on the field of play or in life; taking part; and progressing according to one’s own objectives. Respectful dialogue/ feedback.

SMSC:

The PE Department offer a range of Spiritual, Moral, Social and Cultural experiences through PE lessons and the many extra-curricular activities that take place.

These SMSC experiences are based on the Olympic and Paralympic Values of Friendship, Respect, Excellence, Determination, Inspiration, Courage and Equality. (FRED ICE)

Meeting the needs of individual students & Additional Support:

Those students who have been proved themselves to be capable will be entered into the GCSE PE exam which will involve an additional workload and greater commitment to the exam.

Students working as group leaders, captains

Use of ICT to analyse work and feedback

Range of tasks and teaching styles

Outstanding work displayed

Additional Support for Learning

Differentiated activities are available to meet students’ needs.

Extra-Curricular Activities & Club:

Extra-Curricular Activities and Clubs for KS4

There is a full programme of extra-curricular activities and clubs that changes termly and are run before-school, after-school and at weekends.

Mondays: Girls Swimming, Year 10 BTEC Practical extension

Tuesdays: Football before school, Boys Swimming, Active8

Wednesdays: Badminton & Fitness all years

Thursdays: Year 10 BTEC Practical extension_- rowing on water

Fridays: Year 11 BTEC Extension class

Saturdays: Football matches Year 10

Independent Study/ Homework:

Students are expected to complete a minimum of 1 hour of homework per week to aid their study.

Resources for Learning Support and VLE:**Resources needed**

Red T-Shirt and Red Fleece with the school crest, Navy Blue shorts and navy blue socks for Boys and Navy Blue tracksuit bottoms for Girls. These items can only be purchased through the school. Additional items required are navy blue/black swimming shorts for boys and a navy blue/black swimming costume for girls. Both boys and girls must have a swimming hat and towel for swimming lessons. Students should also have clean non-marking trainers.

Useful websites: www.bbc.sport