

## Key Stage Four Curriculum - Kesteven and Sleaford High School Selective Academy

### Physical Education

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
<b>Year 10</b>	Musculoskeletal & Cardiorespiratory Systems  Practical: Badminton	Cardiorespiratory System & Effects of exercise  Practical: Badminton	Movement Analysis & Components of Fitness  Practical: Netball/Dance*	Physical Training  Practical: Netball/Dance*	Sports Psychology  Practical: Athletics/Tennis	Sports Psychology & NEA introduction  Practical: Athletics/Tennis
	<b>Assessment</b> Assessments will take place in each of the topic areas with focus on knowledge and applying knowledge in the early topics. Development of longer answer questions will be introduced from term 3 onwards.					
<b>Year 11</b>	Sports Psychology  Practical: Athletics/Badminton	Participation, Commercialisation & NEA completion  Practical: Athletics/Badminton	Participation, Performance Enhancing Drugs & Hooliganism  Practical: Netball*/Assessments**	Exercise, Obesity & Nutrition  Practical: Assessments**	Examination preparation and reinforcement of understanding	
	<b>Assessment</b> Assessments will take place in each of the topic areas with focus on knowledge, application and evaluation in written answers. Practical activities will be finalized and assessed, preparing for video moderation which will take place in term 3 or 4 (examination board dependent).					

\* Activities dependent on Covid-19 situation with consideration for safety of students. Activities selected will aim to enable maximum participation and physical activity while offering students a range of competitive situations to develop and apply their skills. \*\*Due to changes in this year's examination requirements students in Year 11 are only submitting 2 practical performances and these can both be individual activities.