

CORE PHYSICAL EDUCATION

At Key Stage 4 all students in Years 10 and 11 select areas of study to pursue in greater depth. Knowledge, skills and understanding are developed in chosen areas from a range of activities.

In the programme of study, students will continue to develop the six key areas that they have worked on during the KS3 PE, which are:

- Physical skill development
- Social skills
- Personal skills
- Cognitive skills
- Creativity
- Health and fitness

During Key Stage 4 students tackle complex and demanding activities applying their knowledge of skills, techniques and effective performance. They decide whether to get involved in physical activity that is mainly focused on competing or performing, promoting health and well-being or developing personal fitness. They also decide on roles that suit them best including performer, coach, choreographer, leader and official. The view that they have of their skilfulness and physical competence gives them the confidence to get involved in exercise and activity out of school and in later life. There is also strong research to suggest that regular physical activity improves academic performance.

