

KS4 PE Curriculum

Our KS4 PE curriculum is based on building on the technique, performance and understanding of a range of tactics through team games initiated in KS3.

KS4 PE at Michaela involves increased focused on developing the **S.T.O.I.C.S** values:

Sportsmanship- Developing a measured, kind and fair approach to all competition.

Teamwork- Cooperating and collaborating to achieve a common-goal. Encouraging peers.

Organisation- Both the planning and execution of personal and team organisation (tactics).

Integrity- Developing a spirit of fair-play and a sense of responsibility during competition.

Control (Self) - Keeping control of reactions and respecting referees' decisions.

Stamina- Developing and improving ability to perform at a high level over time.

In KS4 emphasis is added to developing **leadership** qualities during sporting activities. These include motivation, magnanimity and communication.

Year 10:

Area	Sport	Focus value
Invasion Games	Football	Stamina, teamwork
Fielding/Striking	Cricket	Sportsmanship
	Rounders	Organisation (team)
	Softball	Self-Control, Integrity
Fitness/Aerobic	Circuit training	Stamina

Year 11:

Area	Sport	Focus value
Invasion Games	Football	Stamina, teamwork
	Handball	Sportsmanship
Net Games	Table tennis	Sportsmanship
Fielding/Striking	Cricket	Sportsmanship
	Rounders	Organisation (team)
	Softball	Self-Control, Integrity