

KS4		Core PE	
		Week 1	Week 39
Unit	Activity to improve personal fitness and promotes an active, healthy lifestyle. Pupils given autonomy over choice of activity. Teachers to facilitate competitive practice and interventions where necessary. Activities include:		
Key content (Know that... Know how...)	<ul style="list-style-type: none">• Know how to select and apply appropriate skills to competition.• Know different tactics and when to apply to overcome opponents.• Know different strategies to apply to overcome opponents.• Know how to improve performance using prior learning.• Know the benefits of taking part in physical activity.• Know how to evaluate performance and identify how to improve.• Know range of community clubs to sustain participation in physical activity outside of school		
Prior Knowledge	<ul style="list-style-type: none">• Key Stage 3 core and advanced knowledge for chosen activity.• Practical application of core and advanced knowledge to performance situations at KS3.• Knowledge of rules.• Leadership roles and responsibilities.		
Assessment Objectives	<ul style="list-style-type: none">• Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.• Develop their technique and improve their performance in other competitive sports.• Take part.• Evaluate performance, compared to previous performance.• Know community and club links.		