

Our
Values



Pursuit
of Excellence



Value
our People



High Quality
Learning
Environment



Achievement
for all



Extending the
Boundaries
of Learning

CMAT | Cambridge Meridian
Academies Trust

Key Stage 4 Physical Education

Curriculum aims

Curriculum content

Curriculum Delivery

Year 9 – 11 Core Physical Education

Our academies continue to offer a high-quality Core Physical Education Curriculum that inspires all students to succeed and excel in competitive sport and other physically-demanding activities

Physical Education students will **build on** and **embed** the physical development and skills learned in key stage 3 to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Students will tackle **complex** and **demanding** physical activities. All students take part in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

A Physical Education student will:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual activities [for example, badminton and football]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage students to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs

Students receive 2 x 60 minute lessons per week in each Year 9/10 and the majority receive this in Year 11.

At key stage 4, students are given the opportunity to select a pathway in their Physical Education lessons that suits their skills, knowledge and ability.

Typically, each activity will comprise of around 8 weeks of teaching and will culminate in a practical and oral summative assessment.

It should provide opportunities for students to become physically confident in a way which supports their health and fitness.