



KS4

Students will rotate through a two-week timetable of different activities within different spaces we have on offer. Promoting a lifelong appreciation of staying fit and healthy, we work alongside students in KS4 to ensure that they have input and ownership of the sports undertaken in the lesson, creating an independent culture towards their own health and fitness.

They will follow 4 strands in PE; Challenge, Care, Creativity and Community. These strands allow pupils to be involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle. They will continue to use and develop a variety of tactics and strategies to overcome opponents in team and individual games, developing their technique and improve their performance through competitive sports.

We encourage students to take part in further outdoor and adventurous activities in a range of environments that we have at school to promote pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Students will be able to evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.

A motivating environment is created to encourage students to understand the importance of physical activity so that they will be able to lead healthy lifestyles post 16.