

OVERVIEW

Our PE and Health Curriculum has been designed to develop and enrich our students by teaching essential life skills through the exciting and challenging world of PE and sport. The PE Curriculum at ICA is underpinned by the following principles; Entitlement, Coherence, Mastery, Adaptability, Representation and Education with character.

At KS4 we aim to further develop the skills, knowledge and understanding of PE and Sport, whilst providing the students ample opportunities to become physically active.

Autumn

The students will develop the more advanced skills applied into game contexts. They will improve the performance of skills and techniques in competitive, game-like situations alongside developing their advanced decision-making skills. The students will learn more advanced trampoline safety, more complex basic jumps/ aerial shapes and turns. The students will develop advanced problem-solving skills and continue to develop spatial awareness and orienteer a full course against time. They will consistently demonstrate the appropriate components of fitness and start to develop an understanding of topics such as methods of training.

Football	Handball
Rugby	Fitness
Basketball	Badminton
Orienteering	Dance
Netball	Leadership
Gymnastics	Striking and fielding (Rounders / Cricket / Softball)
Inter-form competitions	Athletics

The students will explore further specific event and multi-event skill development, potentially including comparative data to gauge performance against national norms/local age specific records.

Spring

Summer

Assessment:
Key Performance Indicators
Fit to Perform
Fit to Lead
Fit for Life

- Personal development:**
concepts explored:
- Skills
 - Techniques
 - Communication
 - Tactics
 - Formations
 - Lifelong participation
 - Enthusiasm
 - Determination
 - Healthy Lifestyle
 - Athletics disciplines
 - Leadership skills

Useful resources for supporting your child at home:

Access to a full ICA PE kit, suitable for both warm and cold weather.