

KS4 - SPORT - CORE

PURPOSE & INTENT

The main aim of the Sports Team at Catmose College is to improve the physical literacy and efficiency of all students whilst providing enjoyment that will help lay the foundations for a lifelong love of physical activity. It does this by following the National Curriculum in Key Stage 3. At Key Stage 4 students are provided with 3 options Core sport – 2 hours a week where those who are not in any form of academic / progress intervention attend practical PE lessons. The focus of these lessons is to consolidate the skills, tactics and knowledge developed in activities taught at KS3.

In Year 10 students lessons are games based with a high degree of emphasis placed on leadership with students deciding rules, teams and officiating their own tournaments and leagues.

In Year 11 to help maintain engagement and provide students with some degree of freedom we offer 3 activities and students select which one they would like to do for that ½ term.

As part of Year 9 options students may pick either GCSE PE or Cambridge National Sport Studies. Information on these courses is in the Year 9 option booklet. To help ensure students make an informed choice both centralized and one to one information dissemination takes place in both class and assembly.

CAREERS LINK

The Sport Team advocate and encourage further study and careers associated with the sport and health field. This is done through:

- Discussion in practical lessons – associated careers e.g. boxercise fitness – personal trainer;
- When discussing knowledge of muscles - physiotherapist
- Discussion in theory lessons – relevant topics and careers associated e.g. principles and methods of training – personal trainer;
- Commercialization – journalist, sports presenter
- Offer as Year 10 Work experience within the sports team.
- Loughborough University trip in Year 12 provided for all A level PE students where students get to experience a university lecture in all the sport related degree courses offered.

IMPLEMENTATION & MEASURES OF SUCCESS

The sequence of the program of study across KS4 aims to provide a mixture of sports each year with a heavy emphasis on consolidation and development of familiar sports. The repeated sports that spiral through from Key Stage 3 are seen as those which best reflect staff expertise, student interest, available club links and opportunity for students to compete and represent the college. Our POS is fluid and changes depending on group dynamics, staffing and areas available. The effects of COVID have also led to changes in the activities delivered.

	Boys 1	Boys 2	Girls 1	Girls 2	Mixed
Year 10	1 Football 2 Basketball 3 Handball 4 Badminton 5 Athletics 6 Summer sport rotation	1 Badminton 2 Hockey 3 Basketball 4 OAA & athletics 5 Futsal 6 Summer sport rotation	1 Netball 2 Gymnastics 3 Touch rugby 4 Handball 5 Athletics 6 Summer sport rotation	1 Basketball 2 Gymnastics 3 Touch rugby 4 Hockey 5 Trampoline 6 Summer sport rotation	1 Basketball 2 Hockey 3 Badminton 4 Box fit 5 Table tennis 6 Summer sport rotation
Year 11	Term 1 options: Football Netball Table tennis & badminton Boxercise / fitness GCSE PE & sport studies intervention	Term 2 options: Basketball Trampoline Boxercise / fitness Dodgeball GCSE PE & sport studies intervention	Term 3 options: Dodgeball Football Badminton & Table tennis GCSE PE & sport studies intervention	Term 4 options: Trampoline Volleyball Boxercise fitness Netball & football GCSE PE & sport studies intervention	Term 5 options: Futsal Tennis Rounders GCSE PE & sport studies intervention