

KS4

By the end of KS4, students are able to confidently apply theoretical knowledge to practical situations, making clear links between concepts such as tactics, strategy, anatomy, physiology, and the principles of training. They can demonstrate an understanding of how these ideas influence performance and use this knowledge to refine and improve their own participation. In addition, students are capable of achieving high levels of performance across a range of physical activities and sports, showing advanced technical ability, tactical awareness, and consistency. They can evaluate and adapt their performance to meet the demands of different contexts, demonstrating both resilience and commitment.

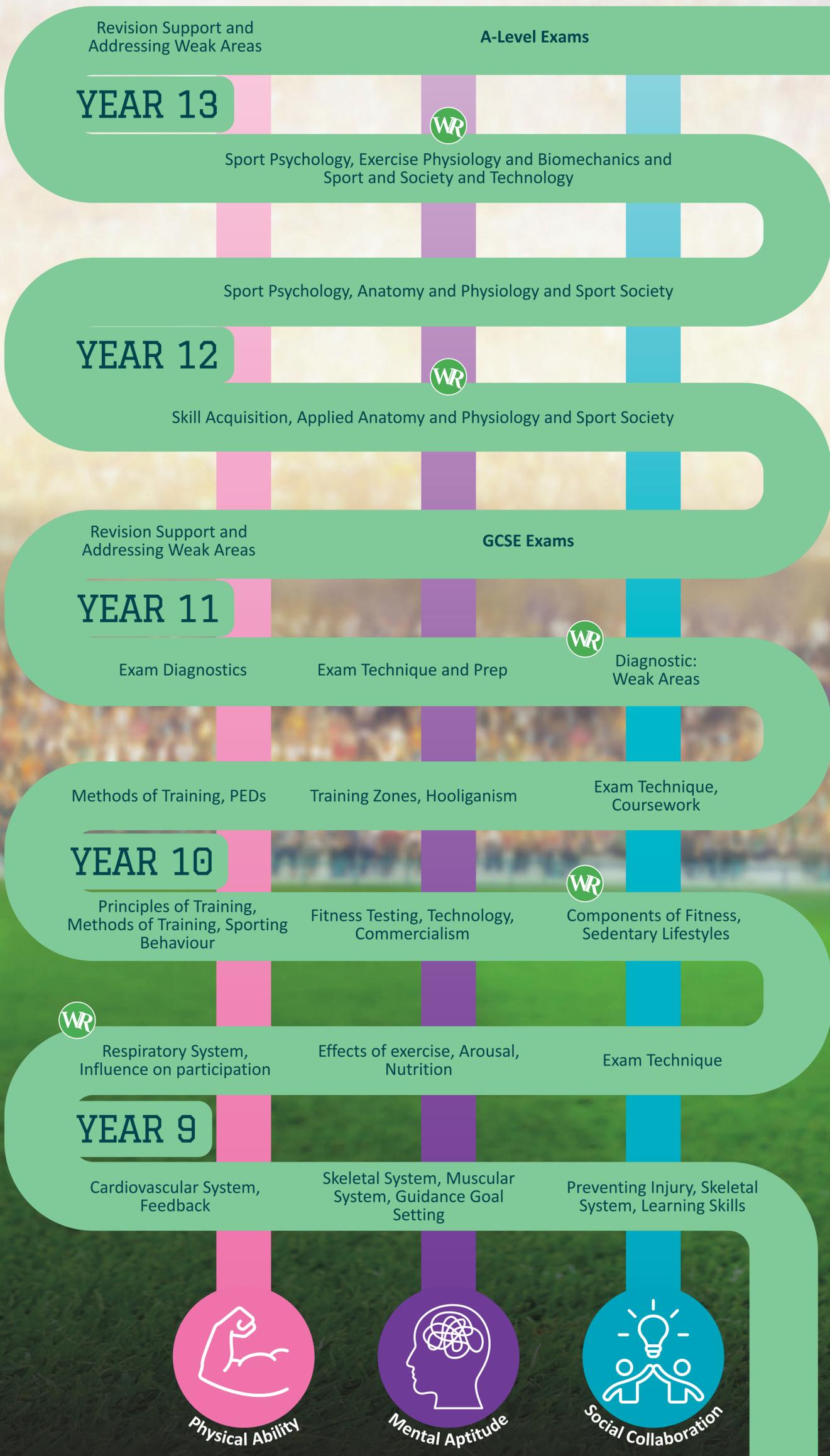
KS5

By the end of KS5, students are able to demonstrate a deeper and more critical understanding of the human body and its relationship to physical performance, including how different body systems interact during exercise and the impact of training and recovery. They can also analyse the influence of psychological factors on learning, motivation, and performance, applying this knowledge to both individual and team contexts. In addition, students develop an appreciation of how sport has evolved on a global scale, considering cultural, historical, political, and economic influences.

The PE curriculum aims to develop students physically, mentally and socially. Students should be able to move competently in a range of activities and show good cognitive skills in terms of strategic and tactical knowledge. Students should be prepared to take on a variety of roles in a group/team/class.

Students should underpin the above with expert knowledge in the how and why the body is able to move, the psychological process behind performance and the social requirements to function in the sporting world.

"It's about the journey not the outcome"



Topics with the WR logo are directly linked to the Hoe Valley School Work Ready Agenda.