

Key stage 4 and 5 programme of study

2014/2015/2016 KS5 Pupils are following a programme of study to be assessed May 2016 from AQA.

2015/2016 KS4 Pupils are following a programme of study to be assessed every 6-12 weeks using unit awards AQA and PPQ awards ASDAN.

Students will:

- Be able to plan and perform a warm up for themselves/others.
- Extend and apply their range of skills in each physical activity.
- Develop an understanding of rules/tactics in games.
- Create sequences in answer to set tasks in aesthetic activities.
- Evaluate their own work and that of others.

Overview of AQA Entry/PPQ ASDAN/AQA Unit awards

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	All year Lunchtime club	All year lunchtime club
Circuits G1	Target games – Boccia/NAK/Archery G6	PPQ – Developing community participation skills – participating in sporting activities G1	PPQ - Using a community facility over a period of time/Providing personal information – Leisure centre G1	Unit award: Performing at maximum levels: Athletics – Running, throwing, jumping, adapted athletics	Canoeing /Kyaking OAA G4	Football/Fitness room G1	Tag rugby G1

Objectives of AQA Entry

Pupils experience a broad curriculum when being taught the key concepts and key processes. Pupils cover six activities and to create breadth and balance they must choose at least three of these activities to be assessed in:

Group 1 – **Outwitting opponents** as in game activities.

Group 2 – **Accurate replication of actions, phrases and sequences** as in gymnastic activities

Group 3 – **Exploring and communicating ideas, concepts and emotions** as in dance activities.

Group 4 – **Performing at maximum levels in relation to speed, height, distance, strength or accuracy** as in athletic activities.

Group 5 – **Identifying and solving problems to overcome challenges of an adventurous nature** as in life saving, personal survival in swimming and outdoor and adventurous activities.

Group 6 – **Exercising safely and effectively to improve health and well-being** as in fitness and health activities.

Pupils can be assessed as player/referee/leader

Player/Performer

Key Process A

- Improve their performance of basic skills and the range, difficulty and quality of their techniques.
- Consolidate their existing skills and gain new ones.
- Develop some consistency and perform skills with precision, control and fluency.

Key process B

- Know when to choose and apply skills and actions, in sequence and in combination.
- Vary the way they perform skills by using simple tactics and movement phases, and develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness.
- Obey the rules and conventions of chosen activities.

Key Process C

- Recognise relevant strengths and weaknesses of a performance as/of a performer.

Make simple judgements and suggest relevant improvements based on this information and either communicate these to others or carry them out in order to improve performance as a performer.

Official/referee/umpire/judge

Key processes A

- Explain a range of rules/conventions of the game/activity to player/performer(s) and judge basic skills techniques in small sided games/structured practices.
- Use appropriate technical terms/hand signals/non-verbal gestures.

Key processes B

- Demonstrate an understanding of health and safety considerations.
- Demonstrate basic knowledge and understanding of the rules/conventions of the game/activity.
- The ability to apply principal rules/laws/conventions/etiquette of activity to judge/officiate a game/performance situation and communicate them.

Key processes C

	<ul style="list-style-type: none"> Recognise relevant strengths and weaknesses of a performance as/of an official and evaluate the communication of decisions with appropriate technical terms/hand signals/non-verbal gestures. <p>Make simple judgements and suggest relevant improvements based on this information and either communicate these to others or carry them out in order to improve performance as an official.</p>
	<p>Leader/coach</p> <p>Key process A</p> <ul style="list-style-type: none"> Warm up a student or a group of students Suggest ways to improve/develop the basic skills. <p>Key Process B</p> <ul style="list-style-type: none"> Demonstrate basic knowledge and understanding of health and safety considerations Observe, analyse and suggest some improvements to an individual or group on their skills and techniques in game/performance situation <p>Key process C</p> <ul style="list-style-type: none"> Recognise relevant strengths and weaknesses of a performance as/of a coach <p>Make simple judgements and suggest relevant improvements based on this information and either communicate these to others or carry them out in order to improve performance as a coach.</p>

AQA Unit awards/PPQ units – More information is available from the PE department file entitled KS4 PE

70115 introduction to fitness training – circuit training (entry 1)

72765 introduction to boccia (pre entry)

71361 boccia (unit 1) (pre entry)

13555 PE: target games: boccia (entry 1)

PPQ – Developing community participation skills: participating in sporting activities

PPQ - Using a community facility over a period of time

PPQ - Providing personal information – Leisure centre

70514 athletic skills (pre entry)

91629 taking part in an athletics event with support (pre entry)

13564 PE: adventurous activities: canoeing or kayaking (entry 1)