

# Sackville School Core PE Curriculum - Year 10 & 11



TERM	WHAT? (Is delivered?)	WHY? (Is this important?)	WHY NOW? (Why is this taught now?)	IMPACT? (What is the impact at the end of this?)	ASSESSMENT
All	<p>Students explore new activities as well as further developing their core activities carried through from year 7. Activities to promote lifelong participation and further awareness of leading a healthy, active lifestyle - positive life choices. Leadership, personal planning, performance development</p>	<p>Students need to begin to take ownership of their own health and fitness and personal development. Exploring new activities that promote lifelong participation as well as becoming more expert in one or two activities. Further developing more advanced skills &amp; tactics will allow examination students to gain higher grades. Students develop leadership skills along with communication, organisation and health and safety in order to lead small group activities and carry out official roles in tournaments and events.</p>	<p>Students have developed their core skills and competencies throughout KS3 and are now needing to make choices about how to keep themselves healthy and active. At KS4 many students are looking to excel within their chosen sports, which will benefit GCSE and CNAT students</p>	<p>Students have a good understanding of activities they enjoy and can continue to participate in, beyond KS4 and into young adult life. Students who are healthy and more active, achieve better within all aspects of their education.</p>	A2L

## Links to L4L Curriculum and Gatsby Benchmarks:

Students develop:  
 Knowledge of healthy active lifestyles, lifestyle choices and barriers to participation.  
 Resilience and perseverance.  
 Social skills, teamwork and communication