



# Sandbach School PE Curriculum

## Increasing Participation & Developing Competencies through promotion of Healthy Lifestyles.



**Key Stage 5**

**Key Aims:**

- Gain a high level of understanding and knowledge of anatomy & physiology.
- Understand the importance of sports psychology and nutrition, and how these aid performance.
- Appreciation of the social factors and how they affect sport, as well as recognise the importance of History of Sport & its connotations for today.
- Recognise the various roles and pathways available for higher education and apprenticeship in sport.
- Be able to critically analyse the strengths and weaknesses of performance and evaluate as well as improve via EAPI.
- Develop specialist practical activity performance in one sport with a view to optimising performance and lifelong participation.

**Key Stage 4**

**Key Aims:**

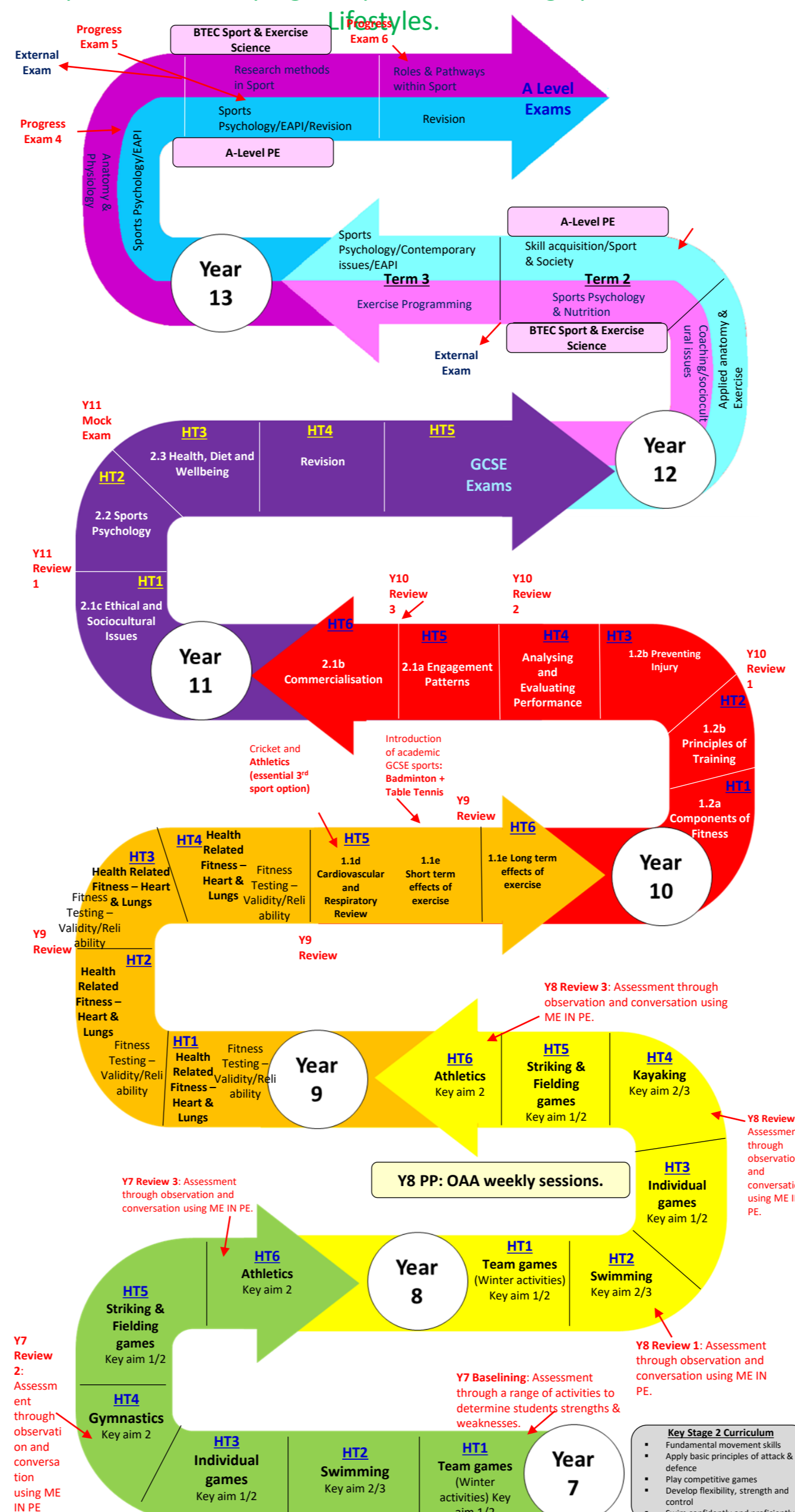
- Greater understanding of Health, fitness, wellbeing and components of a balanced diet.
- Knowledge and understanding of the anatomy and physiology of the human body
- Develop an appreciation for the needs of the body in response to training and also the requirements to improve fitness, strength and performance levels
- Be able to critically analyse the strengths and weaknesses of a performer and effectively guide them to improve
- Develop specialist practical activity performance levels in 3+ sports with a view to lifelong participation

**Key Stage 3**

**Key Aims:**

Pupils will be taught to:

- Use a range of tactics and strategies to overcome opponents. (1)
- Develop their technique and improve performance in competitive sports. (2)
- Take part in outdoor and adventurous activities which present intellectual and physical challenges, analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. (3)
- Take part in competitive sports and activities both inside and outside school through community links or sports clubs.



**By the end of KS5, students should be able to:**

- Confidently apply knowledge of A & P within areas such as biomechanics & exercise physiology.
- Identify current and historical/contemporary issues within sport, placing these into sporting contexts with examples.
- Apply exercise physiology & Sports psychology within a sporting context to enhance performance in addition to individual practical needs.
- Use research methods within sport to develop autonomous learning skills.

**By the end of KS4, students should be able to:**

- Identify fitness performance levels from a variety of testing methods and analyse their application to specific sports
- Able to articulate issues and barriers in modern day sports participation rates.
- Demonstrate a high level understanding around the requirements placed upon the skeletal, muscular, cardiovascular and respiratory systems during exercise
- Explain adaptations the body undertakes, short and long term effects due to exercise and performance
- Understand the dietary requirement to lead a healthy and active lifestyle.

**By the end of KS3, students should be able to:**

- Demonstrate enjoyment of PE as a subject.
- Apply a range of tactics and strategies to overcome opponents in a variety of sporting activities.
- Remain physically active for sustained periods of time.
- Understand what it means to live a healthy active lifestyle.
- Apply the skills and technique required to improve performance in competitive sports.
- Be able to reflect, analyse and evaluate their own & others performances in a range of activities.

**Key Stage 2 Curriculum**

- Fundamental movement skills
- Apply basic principles of attack & defence
- Play competitive games
- Develop flexibility, strength and control
- Swim confidently and proficiently