

CURRICULUM OVERVIEW

Please contact your child's subject teacher or Head of Department for answers to subject related questions

SUBJECT	CORE PE	YEAR GROUP	KS4
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All students in Key Stage 4 receive 2 hours of Physical Education per week at Key Stage 4. Students rotate around a variety of activities and sports designed to provide a well rounded and engaging curriculum which motivates and enthuses students to perform at the best of their ability. At KS4 we strongly believe in encouraging students to consider physical activity and leading active and healthy lifestyles after they leave LJS. There is also a strong focus on Leadership with all students at KS4 completing a Young Leaders Qualification within core PE. The curriculum we offer is designed to promote active and healthy lifestyles and where competitive sport is not the preference for some students other pathways are available for them to take part in more health related exercise and leadership opportunities.

Activities In Key Stage 4 Curriculum			
Year 10		Year 11	
Girls	Boys	Girls	Boys
Young Leaders Qualification		Leadership Plus (Optional)	
Netball	Football	GCSE PE Short Course (Optional)	
Handball	Handball	Netball	Football Masterclass
Aerobics	Basketball	Handball	Football
Dance Mats	Dodgeball	Aerobics	Handball
Fitness Suite	Fitness Suite	Dance Mats	Basketball
Boxercise	Circuit Training	Fitness Suite	Dodgeball
Trampolining	Boxercise	Boxercise	Fitness Suite
Badminton	Trampolining	Trampolining	Circuit Training
Summer Games	Badminton / Table Tennis	Badminton	Boxercise
	Summer Games	Summer Games	Trampolining
Plus Fast Track GCSE PE			Summer Games

OPPORTUNITIES FOR HOME LEARNING IN KS3 PE:

- Students are encouraged to attend extra-curricular clubs to enhance their fitness and knowledge in activities followed in core PE
- Students are encouraged to access Guisborough Leisure Centre in terms of fitness suite clubs and group facility bookings
- Students are encouraged to perform physical activity and adopt a healthy lifestyle outside of core PE lessons
- Students are directed to National Governing Body websites to learn the rules of all sports followed (see below)

Websites of interest:

<u>Sport / Activity</u>	<u>Websites</u>	<u>Brief Description</u>
Leadership	http://www.sportsleaders.org/	Everything you need to know about the Sports Leadership courses. What the courses involve and why they benefit you.
Sports Leadership Skills	http://www.sportsleaders.org/	Information on how to become a more competent sports leader. How to become involved locally with sports leadership.
Netball	http://www.englandnetball.co.uk/	Learn about the national game and leagues. How to get involved in netball. How to improve your skills and tactical awareness.
Football	http://www.thefa.com/	How to improve your game. Learn from the experts on how to improve your skills and tactics.
Handball	http://www.britishhandball.com http://www.englandhandball.com	Learn all about the game. How to improve and coach others. How to get involved locally.

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Aerobics	http://www.aerobic.org/	Useful website that highlights: the history of aerobics, types of aerobics, diet, photos, videos, choreographies.
Dance Mats	http://www.btta.org.uk/ Or http://fitnessgaming.co.uk/	
Fitness Suite	http://www.guisboroughleisure.co.uk/	Details for clubs, classes, opening times etc.
Boxercise	http://boxercise.co.uk/	Useful website that highlights: The benefits of boxercise, courses and video analysis.
Trampolining	http://www.british-gymnastics.org/	Useful website that highlights: video analysis, competitions/ events, the history of gymnastics, how to get involved at local clubs, jobs and careers, skill development.
Badminton	http://www.badmintonengland.co.uk	Everything you need to know about badminton. How to get involved locally, how to set up your own club. How to improve your own game.

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Table Tennis	http://etta.tv/	Useful website that highlights: video analysis, competitions/ events, coaching and development.
Rounders	http://www.roundersengland.co.uk/	How to get involved in the game. How to improve your skills and tactical play.
Cricket	http://www.ecb.co.uk/	Useful website that highlights: coach education, volunteering, competitions/ events, live scores, how to get involved at local clubs, jobs and careers, skill development.
Benefits of exercise	http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx	Benefits of exercise and different types of exercise useful to improve your health