KS4 Physical Activity Long -term plan

Brookvale Academy

Intent:

Our KS4 Physical Activity curriculum is designed for pupils with an interest in sport, fitness and physical activity. Through the NCFE qualification, learners access a practical and engaging curriculum that develops confidence through success, encourages curiosity about sport and health, and provides opportunities to apply learning in real-life contexts. The course is highly accessible and personalised, allowing pupils to build on their individual strengths and interests while developing transferable skills such as communication, teamwork, leadership and self-management.

In Year 10, pupils complete the NCFE Level 1 qualification, developing their understanding of participation in sport, personal fitness, strength and conditioning, sports coaching and supporting sporting events. Through a balance of practical participation and theory, pupils are encouraged to challenge themselves, set personal goals and reflect on their progress. Learning experiences are designed to be active and meaningful, helping pupils develop resilience, responsibility and a positive attitude towards physical activity and healthy lifestyles.

In Year 11, pupils who have completed Level 1 progress to Level 2 units with an increased focus on coaching, leadership and performance development. They learn how to plan, deliver and evaluate coaching sessions, analyse performance and explore the wider sport and leisure industry. Optional units enable further personalisation around individual interests and career aspirations, helping pupils develop creativity, initiative and independence. By the end of the course, pupils will have gained recognised qualifications, practical experience and the personal qualities needed to progress confidently into further education, apprenticeships or careers within the sport, fitness and leisure sectors.

For pupils who do not choose Sport as an option, opportunities to develop healthy lifestyles, physical fitness and personal wellbeing remain available through a practical programme of activities. Progress is recognised and celebrated through the achievement of AQA Unit Awards, providing accessible and motivating accreditation in areas such as physical activity, fitness, health and wellbeing. This pathway enables pupils to experience success, build confidence and develop lifelong habits that support positive physical and mental health.

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Pathway ONE

Priorities: Increased attendance, develop positive relationships, Develop simple learning behaviours

Pupils complete NCFE Level 1 units or AQA unit awards while improving attendance, engagement and participation in lessons. Through sports coaching, fitness and sporting event activities, learners develop wider relationships, increase their independence and strengthen communication, literacy and numeracy skills through meaningful sporting contexts. Pupils are encouraged to take greater responsibility for their learning, reflect on their progress and challenge themselves to achieve their personal best.

Pathway TWO

Priorities: Increased attendance, improved engagement and participation in lessons, develop wider relationships, progress in literacy/numeracy

Pupils work towards Level 1 and 2 qualifications while improving attendance, engagement and participation in lessons. Through sports coaching, fitness and sporting event activities, learners develop wider relationships, increase their independence and strengthen communication, literacy and numeracy skills through meaningful sporting contexts. Pupils are encouraged to reflect on their progress, take increasing responsibility for their learning and challenge themselves to achieve their personal best.

Pathway THREE

Priorities: consistently high attendance, consistently positive engagement and participation in lessons, appropriate positive social interactions, Academic progress.

Pupils work towards Level 1 and 2 qualifications and demonstrate consistently high attendance, positive engagement and strong participation. Through coaching, leadership and industry-related learning, they develop positive social interactions, academic knowledge and practical skills while working with increasing independence and responsibility. This pathway prepares learners for further education, apprenticeships and employment within the sport, fitness and leisure sector by developing the confidence, character and professionalism needed for their next steps.

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NCFE Certificate in Sport

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1, Taking part in sport	2. Sports coaching	3. Personal exercise and fitness	4. Strength and conditioning	5. Assist at a sporting event (Sports day)	
Pupils will be able to: 1. Know how to prepare to participate in sport 2. Be able to participate in a range of sports 3. Be able to review own participation in sport	**Pupils will be able to:** 1. Know the qualities and responsibilities of a coach delivering a sports coaching session 2. Be able to plan a sports coaching session 3. Be able to deliver an aspect of a sports coaching session 4. Be able to evaluate a sports coaching session	**Pupils will be able to:** 1. Understand anatomy and physiology 2. Understand the components of physical fitness 3. Know the considerations for taking part in exercise and fitness activities 4. Be able to participate in exercise and fitness activities designed to improve personal fitness 5. Be able to reflect on participation in exercise and fitness activities	**Pupils will be able to:** 1. Understand what is meant by strength and conditioning 2. Know about facilities, equipment and exercises for strength and conditioning 3. Be able to plan and use a fitness programme	**Pupils will be able to:** Know about different types of events Be able to prepare to assist at a sports event Be able to assist at a sports event Be able to review a sports event	
Assessment: Portfolio of evidence	Assessment: Portfolio of evidence	Assessment: Portfolio of evidence	Assessment: Portfolio of evidence	Assessment: Portfolio of evidence	

Other optional units: Leading others, Effect of exercise on human body systems, Health and nutrition, Developing sports volunteering skills, Understanding the sport and active Leisure sector, Exploring employment in the outdoor industry

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Year 11 – Level 2 NCFE certificate in sports coaching

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Participating in Sport	Sports coaching	Developing sporting skills and tactical awareness	Optional unit: Strength and conditioning training OR Psychology for sports performance	Optional unit: Planning and running a sporting event – sports day	
Pupils will be able to: 1.Organise a sports activity 2 Participate in a sports activity 3 Review participation in the sports activity 4 Understand rules, regulations and the concept of fair play within sport	**Pupils will be able to:** 1 Understand the roles, responsibilities, techniques and skills of a sports coach 2 Understand the technical process of coaching sports 3 Know how to plan a sports coaching session 4 Deliver a sports coaching session 5 Review a sports coaching session	**Pupils will be able to:** 1 Understand the technical and tactical skills for a selected sport 2 Know how to assess technical and tactical skills 3 Know how to use goal setting to improve own performance	**Pupils will be able to:** 1 Understand muscle function in strength and conditioning training 2 Understand the training responses of the body to strength and conditioning training 3 Understand strength and conditioning training techniques 4 Be able to prepare and carry out a	**Pupils will be able to:** 1 Understand the different types of sports events 2 Be able to plan a sports event 3 Be able to contribute to the organisation of a sports event 4 Be able to contribute to the running of a sports event 5 Be able to review the success of a sports event	

			strength and conditioning session 5 Be able to evaluate a strength and conditioning session	
Assessment: Portfolio of evidence	Assessment: Portfolio of evidence	Assessment: Portfolio of evidence	Assessment: Portfolio of evidence	

Additional optional units: • Physical fitness and injuries in sport (6 credits)

- Performance analysis for sport
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- Planning and running a sports event
- Understanding business in sport
- Lifestyle and the sports performer
- Sports volunteering
- Understanding business in sport
- Lifestyle and the sports performer
- Sports volunteering
- Work experience in the sports industry
- Plan and set up an enterprising sport business
- Anatomy and physiology for exercise
- Introduction to healthy exercise and nutrition (
- Psychology for sports performance
- Planning and running a sports event
- Development of personal fitness through training
- Introduction to sports massage
- Factors affecting participation in sport and physical activity
- Preparing to work in the sport and leisure industry
- Plan, deliver and evaluate an activity session
- Performance analysis for sport

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Physical Activity for all

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Football	Fitness	Dodgeball	Multi sports	Cricket/Rounders	Athletics

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1. Pupils will be able to control and manipulate the ball using different techniques to maintain possession under pressure. 2. Pupils will be able to select and perform appropriate passing techniques to retain possession and create attacking opportunities. 3. Pupils will be able to dribble effectively while changing speed and direction to evade opponents and create space. 4. Pupils will be able to select appropriate shooting techniques and demonstrate accuracy, power	1. Pupils will be able to explain the main components of fitness and relate them to the demands of different physical activities and sports. 2. Pupils will be able to complete a range of fitness activities using appropriate techniques, intensity and work-to-rest ratios. 3. Pupils will be able to design and follow a personal fitness programme based on their individual strengths, weaknesses and goals. 4. Pupils will be able to carry out fitness tests, accurately record results and use the data to monitor changes in their performance. 5. Pupils will be able to evaluate their fitness progress and explain how training, nutrition, recovery and an active lifestyle can contribute to	1. Pupils will be able to perform throwing, catching, dodging and blocking techniques with increasing accuracy and control. 2. Pupils will be able to use movement and positioning to create space, avoid opponents and increase their team's chances of success. 3. Pupils will be able to apply attacking and defensive tactics, making appropriate decisions based on the position of opponents and teammates. 4. Pupils will be able to communicate effectively with teammates and adapt their tactics during competitive games. 5. Pupils will be able to evaluate their own and their	1. Pupils will be able to demonstrate and adapt a range of fundamental skills across different sports and physical activities. 2. Pupils will be able to apply appropriate techniques, rules and tactics when participating in a variety of sports. 3. Pupils will be able to make effective decisions during competitive activities, adapting their approach to different opponents and situations. 4. Pupils will be able to demonstrate teamwork, communication, leadership and respect when working with others. 5. Pupils will be able to evaluate their performance across different activities	1. Pupils will be able to strike a ball using appropriate techniques, selecting shots based on the position of fielders and the game situation. 2. Pupils will be able to bowl or throw with increasing accuracy, using different techniques to challenge the batter and limit scoring opportunities. 3. Pupils will be able to	1. Pupils will be able to perform running, jumping and throwing events using appropriate techniques and apply feedback to improve performance. 2. Pupils will be able to accurately measure, record and compare their performances across a range of athletic events. 3. Pupils will be able to set realistic performance goals and develop strategies to improve their results over time. 4. Pupils will be able to explain how different training methods, techniques and components of fitness contribute to athletic performance. 5. Pupils will be able to evaluate their own performance,

and placement when attempting to score. 5. Pupils will be able to apply attacking and defensive skills in small-sided games, making effective decisions to support their team. AQA | Unit Award Scheme | Football Skills Unit 1 AQA | Unit Award Scheme | Basic Football Skills	long-term health and performance. AQA | Unit Award Scheme | Exercising In A Gym Unit 2 Fitness Workout AQA | Unit Award Scheme | Parkour Freerunning Unit 1	team's performance, identifying strengths and suggesting specific areas for improvement.	and identify specific strategies for continued improvement.	field effectively, combining catching, stopping, throwing and positioning skills to prevent runs. 4. Pupils will be able to make tactical decisions when batting and fielding, adapting their decisions to the score, situation and position of opponents. 5. Pupils will be able to communicate effectively within a team, understand different	identifying strengths, weaknesses and specific actions for future improvement. AQA | Unit Award Scheme | Athletics AQA | Unit Award Scheme | Athletics

				roles and evaluate their contributio n to competitive play. AQA | Unit Award Scheme | Introduction To Rounders AQA | Unit Award Scheme | Introduction To Cricket	