

## WADEBRIDGE SCHOOL KEY STAGE 4 CURRICULUM MAP

The KS4 activities are choice driven and build on experiences from KS3. Groups are selected through pupil's choice of different strands of activities. The programme aims to build further competence in chosen physical activities, engage pupils in different competitive sports and activities while giving pupils more opportunity to take part in sustained periods of physical activity. The programme develops understanding and encourages pupil to lead a healthy active lifestyle throughout. Strands run for Autumn and Spring Terms and then pupil choose different summer activities.

<b>Strand 1 - Performance</b>			<b>Strand 2 – Sport and Fitness</b>		
<b>Rugby</b>	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games  Being physically active for sustained period of time  Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	<b>Volleyball</b>	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games  Being physically active for sustained period of time  Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best
<b>Volleyball</b>	Developing competence to excel in different physical activities		<b>121 Fitness</b>	Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time	
<b>Basketball</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time		<b>Spinning</b>	Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time	
<b>Badminton</b>	Developing competence to excel in different physical activities		<b>Basketball</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
<b>Hockey</b>	Developing competence to excel in different physical activities		<b>Netball</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
<b>Football</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time		<b>Wild Card</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
<b>121 Fitness</b>	Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time		<b>Dance</b>	Developing competence to excel in different physical activities	

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<b>Strand 3 - Leadership</b>			<b>Strand 4 – Aesthetic</b>		
<b>Sports Leaders Level 1</b>	The Sports Leadership strand gives pupils the opportunity to complete the Level 1 Sports Leaders course and includes working closely with Primary Feeder school to deliver sports activities and events along with developing leadership skills through different sporting activities	Developing competence to excel in different physical activities  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games  Being physically active for sustained period of time  Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	<b>Volleyball</b>	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games  Being physically active for sustained period of time  Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best
			<b>121 Fitness</b>	Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time	
			<b>Spinning</b>	Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time	
			<b>Basketball</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
			<b>Netball</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
			<b>Wild Card</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
<b>Volleyball</b>	Developing competence to excel in different physical activities Engaging in different competitive sports and activities		<b>Dance</b>	Developing competence to excel in different physical activities	
<b>Handball</b>	Developing competence to excel in different physical activities Engaging in different competitive sports and activities				
<b>121 Fitness</b>	Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time				
<b>Basketball</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time				

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Summer Activities		
<b>Cricket</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	<p>Developing competence to excel in different physical activities</p> <p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>Being physically active for sustained period of time</p> <p>Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best</p>
<b>Rounders</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
<b>Athletics</b>	Engaging in different competitive sports and activities Being physically active for sustained period of time	
<b>Surfing</b>	Participate in challenging outdoor adventurous activities. Develop team work skills, trust and problem solving skills	
<b>Ultimate Frisbee</b>	Developing competence to excel in different physical activities	
<b>Orienteering</b>	Participate in challenging outdoor adventurous activities. Develop team work skills, trust and problem solving skills	
<b>Tennis</b>	Developing competence to excel in different physical activities Engaging in different competitive sports and activities	
<b>Softball</b>	Developing competence to excel in different physical activities Engaging in different competitive sports and activities	