

Key Stage 3 Curriculum

At Key Stage 3 students follow a directed timetable which allows them to experience a range of individual and team based sporting activities.

Key Stage 4 Curriculum

During key stage 4 students move to an option based curriculum where they can focus on the sporting activities they enjoy, to ensure they continue their healthy active lifestyles post Cantell.

	Knowledge	Skills
7	<p>Students will take part in a range of activities that can include, gymnastics, badminton, basketball, football, tennis rugby, health and fitness, athletics, handball, striking and fielding. This allows students to develop the knowledge needed to take part in each activity, awareness of rules and how to work together.</p>	<p>Students will develop the fundamental skills associated with each sporting activity. This includes movement, running, jumping, throwing, catching, hitting, bouncing, landing and skills specific to each sporting activity.</p> <p>On top of this students will start to develop their teamwork skills.</p>
8	<p>In year 8 all students look at the sports visited in year 7 but also develop swimming and water safety. They will gain knowledge of how to enter and be in water safely as well as how to perform different swimming strokes.</p>	<p>In year 8 students will continue to develop their performance skills but have more focus on tactics and strategies. These will include formations, positioning, movement, attacking and defensive set ups.</p> <p>Students will continue to develop their team work skills as well as observation and analysis of sporting performance.</p>
9	<p>Students continue their journey through the KS3 sporting activities and also participate in trampolining as part of their gymnastics module. They will gain key safety knowledge of how to set up and use trampolines.</p> <p>They will continue to develop their understanding and application of sports rules.</p> <p>Students will also gain knowledge of PE in KS4 and as an examination option. Here they are provided with information on choosing BTEC Sport as an examination</p>	<p>Students will continue to build on individual skills, knowledge of tactics and strategies and start applying their leadership skills. Students will start to lead small groups of other students in the sporting activities they are performing. This will help build teamwork, communication, observation, co-operation and resilience skills.</p>

	subject to further develop their knowledge and passion for sport and PE.	
10 & 11	<p>During key stage 4 in year 10 and 11 students move to an option based curriculum where they can focus on the sporting activities they enjoy, to ensure they continue their healthy active lifestyles post Cantell. These will include a mixture of individual and team based activities. This allows students to be empowered over their choices moving forward after their time at Cantell.</p> <p>Students continue to gain knowledge in a range of different sporting activities regarding rules, techniques and tactics.</p>	<p>Students continue to develop their individual skills across the sports as well as tactical and leadership skills.</p> <p>Students are encouraged to take more ownership over their lessons where leadership rolls will be more evident.</p> <p>By completing an options based process it develops the students organisational skills as well as enquiry to try some different sports not on the KS3 programme of study.</p>