

The Altwood School Physical Education Journey

KS4 – Creating A Love For Physical Education



Show Your Commitment

How many can you complete?

- Try Your Best In All Lessons
- Bring Your PE Kit To All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent Altwood In One Or More Sporting Fixture



Sportsmanship/Excellence/Leadership
You will develop your analysis of performance by using a variety of key skills with the use of IT and numeracy to identify strengths and areas to develop by comparing the performance of a novice to the performance of an expert. You will use your resilience to achieve your personal best. In Year 11 you will develop this by presenting an action plan for improvement.



Summer Term



Traditional Pathway
This pathway focusses on traditional team games. You will develop your core and advanced skills previously learnt in KS3 and then develop these to a higher standard through a variety of competition opportunities




Spring Term

Alternative Pathway
This pathway focusses on alternative activities to increase your activity and fitness levels for a healthy, lifelong active lifestyle. You will explore a wider range of sports that will put your Sportsmanship, Leadership and Excellence skills to the test



3 Tips for Effective Problem Solving

1. Not every problem solving is immediately successful.
2. Problem solving is a learned skill.
3. Not every problem-solving is successful in the way a team would like it to be.




Sportsmanship/Excellence/Leadership
You will each have the opportunity to develop your leadership, such as organisation, communication and presentation skills by planning and leading a warm up. You will also evaluate and review the performance of others', giving constructive feedback to improve performance. In Year 11 you will also lead small sided games as and an individual instead of pairs



Autumn Term

Fixtures Each Year
Below Are The Fixtures Altwood Compete In Across The Year

- Cricket
- Athletics
- Basketball
- Badminton
- Football
- Netball
- Tennis

Your Physical Education Journey starts here ...