

Physical Education at SARCHS



The Journey at KS4

SARCHS KS4 Curriculum Map

Year 10 Aspirations and Identity Autumn and Spring Term

Performance



Develop confidence to excel in different physical activities

Sport and Fitness



Refining knowledge and understanding of a healthy active lifestyle

Leadership



Sports Leaders Level 1 to build confidence to lead and perform in a range of situations

Aesthetic



Engaging in different sports and activities and being physically active and aware.

Year 11 Aspirations and Identity Mental Health and Managing Pressure.

**Health and
Fitness**



**Off-site at
Roefield - time
away from
school
pressures**

**Sporting
Performance**



**Team and
individual
sporting
options on and
off-site**

**Mental
Fitness**



**Individual
activities in
school focussing
on mental and
physical well-
being**