



KS4 PE and Fitness Curriculum Overview

2026/27

Curriculum overview

PE covers a range of areas at Rivers ESC where we look to progress all pupils holistically. Students will have access option based Physical Education, Offsite activities and Enrichment activities. Students have the opportunity to gain a range of qualifications across their time in centre whether it is a short term placement or a permanent addition to the main role.

Pupils will be encouraged to take part in different activities and to push them selves to work harder to allow them to achieve. Pupils will take part in leveller activities that allow everyone to participate and excel. They will also work on their own confidence by leading others and evaluating and peer reviewing others work.

Outline of course

Our main focus and aims of Sport and Well Being Programme at Rivers ESC are below

- Maintain and improve fitness levels
- Promote a healthy active lifestyle
- Promote sport for all
- Improve teamwork skills
- Raise self confidence
- Enjoyment and Fun for all

Subject factors

Fitness and Boxing: We will look to engage pupils using our fitness suite and going to a boxing centre where we have professional coaching alongside teaching of theory content. Boxing as a sport has so many positives one of which is the physical element that will work hand in hand within the school fitness suite for building Muscular Endurance and Aerobic Endurance. These two topics will encourage pupils to be Resilient and build Relationships with each other and a healthy and active lifestyle.

Outdoor Ed: will look to take pupils out of their comfort zone and take part in sports that they may not have been exposed to before. Geocaching, indoor rock climbing and paddle sports will all be incorporated into this subject. Pupils will learn practical skills of how to use a map and technology to get to a new place or location. Indoor rock climbing will tech them to trust each other to Be-lay and the importance of some health and safety requirements which also are prevalent in the paddle sports. These a ctivities are designed to be challenging but generally young people haven't had much exposure to this style of PE so it works as a great way to get all pupils to be on a similar level to build encouragement and morale between the group.

Leadership course: This course is designed to be as much theory as it is practical. The theory backs up the practical side of the course which then allows pupils to complete the course and qualification. Throughout this course pupils will be required to identify good sports leaders, explain why they are good and mimic these traits. They will need to plan, lead and review their own sessions to show that they can lead but also improve.

Duke of Edinburgh: This course is a combination of different sections, students have the opportunity to undertake volunteering, physical activity, skill based tasks and an expedition. Students will be exposed to first aid, navigation, sports and games, horticulture and community work.

Importance of this subject

Fitness and boxing

- Improve cardio vascular fitness, strength, flexibility and endurance
- Learn correct form and technique
- Correct use of equipment
- Goal setting and targets
- Develop life long habits
- Reduce stress and anxiety through physical activity
- Increase in confidence

Outdoor Ed

- Develop resilience and perseverance
- Improve team work
- Enhance mental wellbeing by spending time outdoors
- Encourage risk assessment and safe decision making
- Increased engagement from pupils who find classroom settings challenging
- Promote independence and confidence

Leadership

- Build confidence and self esteem
- Improve communication and team work skills
- Develop decision making and problem solving skills
- Encourage responsibility and respect
- Help pupils to motivate and support others
- Prepare pupils for roles in education, employment and community life

Duke of Edinburgh

- Develop navigation skills
- Improve knowledge and understanding of First Aid and Basic Life Support
- Develop decision making and problem solving skills
- Encourage responsibility and respect for self and others within community
- Contribute to activities which benefit the wider community
- Develop preparation, planning, organising and self sufficiency for expeditions

Proposed practical activities

Autumn term

Teambuilding – Introduction to teamwork and personal development skills

Duke of Edinburgh – The awards and different sections

Sports Leaders – Learning basic leadership skills

Fitness – Health and safety and gym etiquette

Spring term

Teambuilding – Outdoor adventurous activities

Duke of Edinburgh – Campcraft and skills

Sports Leaders – Planning and leading sports sessions

Fitness – Methods of training and training programmes

Summer term

Teambuilding – Improving health and fitness for the public services

Duke of Edinburgh – First aid and expedition

Sports Leaders – Planning and leading sports events

Fitness – Diet and nutrition