

Most Able

Subject: KS3 – PE, KS4 – Sport/Health and Social care

What can students do to further develop their skills in this subject area?	
KS3 PE	<p>In order to further develop skills in Core P.E, students can practice their given activities at home; attend an after school club; and/or even join a local club in the community (your teacher would be able to advise you who to contact).</p> <p>Your fitness levels will help you perform better in any sport so taking part in regular exercise for approximately an hour a day will help you be more readily prepared for the activities you will be required to do in P.E.</p>
KS4 Sport H/S	<p>In KS4 students are required to learn key concepts around the Sport and HSC syllabus before then applying that knowledge in their written assessments.</p> <p>In Sport, a genuine interest and understanding of several sports is extremely helpful when applying concepts to specific sporting examples. This can be developed by playing sport, watching sports and officiating or coaching a sport.</p>
What websites could students visit to support the curriculum?	
KS3 PE	<p>The reading list for P.E provides links to all of the governing bodies for the sports which we cover in P.E.</p> <p>These websites provide interesting information on elite competitions; identify elite player pathways and provide further information on coaching qualifications.</p>
KS4 Sport H/S	<p>The internet is an excellent research tool when taking a vocational subject like Sport or Health and Social Care.</p> <p>There are many educational websites e.g. BBC Bitesize which will provide relevant content whereas sites such as TeachPE.com and BrianMac.com are good sites for further reading on Sports Injuries; Training Principles: the Body's Response to Exercise and Health and Nutrition, which are all studied in OCR Sport.</p> <p>In Health and Social Care, NHS websites may help with background reading on Human Lifespan; Health and Social Crae Services and Values and Health and Well Being.</p>
How can parents/carers help and what can be done at home?	
KS3 PE	<p>Parents can be supportive at home by providing students with the opportunities to continue to develop their skills and fitness levels outside of school, either by providing active lifestyle opportunities or by sourcing more specific coaching in a sport of interest.</p>
KS4 Sport	<p>All assignments are completed using Microsoft Teams, which means students are able to access their work from home.</p> <p>Students will benefit from showing their work to others and explaining the key principles which they have been learning, will deepen their understanding.</p> <p>Parent's asking questions like:</p> <p>"Can you show me some work you're proud of?"</p> <p>"What can you tell me about this work?"</p> <p>"How do you know this work is good"</p> <p>Will be good prompts for students to share what they have been learning.</p>