



TRAIL
INTERNATIONAL SCHOOL

Physical Education

KS4 Physical Education (core)



KS4: YEARS 10 AND 11
CURRICULUM: 2025 - 2026

Subject: Physical Education (core)

Why Study This Subject?

Students will engage in a diverse range of challenging physical activities designed to enhance their personal fitness and promote a healthy, active lifestyle. This subject encourages involvement in various activities that foster a lifelong commitment to physical well-being.

Aims of This Subject

The aim of KS4 Physical Education (Core) is to deepen students' understanding of healthy lifestyles and fitness while nurturing a lasting passion for sport and physical activity.

Assessment Overview

Assessment Criteria	Description
Skill Proficiency	Demonstrated ability and competence in various skills.
Effort	Engagement and enthusiasm in all activities.
Participation	Active involvement in lessons and activities.
Fair Play	Adherence to the principles of fair play and sportsmanship.
Fitness Level	Overall fitness and physical capability.
Knowledge of Health and Fitness Benefits	Understanding of the benefits of physical activity.

This assessment is reported as grades in attainment and effort. There are no written papers, coursework or external exams.

Curriculum Content

Basketball - Badminton - Athletics - Volleyball - Football - Swimming - Softball - Health & Fitness

Additional Information

It is essential that students bring the correct PE and swimming kit for their activities.