

Welcome to the Physical Education Department

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Subject Overview

Students will build on and embed the physical development and skills learned in key stage 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Students will understand what makes a performance effective and how to apply these principles to their own and others' work. They will be given opportunities to develop the confidence and interest to get involved in exercise, sports and activities both in and out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Teaching Aims and Objectives

The department's key aims and objectives are to challenge students to:

- strive consistently to be their own 'Personal Best' physically, emotionally and socially;
- become increasingly resilient in the face of physical challenge (be it to improve fitness or develop techniques);
- use a range of tactics and strategies to overcome and outwit opponents in direct competition through team and individual games (for example:- badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis);
- develop their techniques and improve their performance in other competitive sports (for example, athletics and gymnastics);
- perform dances using advanced dance techniques within a range of dance styles and forms;
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best and
- take part in competitive sports and activities outside school through community links or sports clubs.

Course Information

All activity modules below are vehicles through which physical skills and character skills are the key outcomes for students.

Key Stage 3

Students rotate around a range of activity modules to including:-

Year 7: gymnastics, dance, health related fitness, athletics, competitive games (including: football, rugby, netball, hockey) and racket sports.

Year 8: gymnastics, dance, health related fitness, athletics, competitive games (including: football, rugby, netball, hockey) and racket sports.

Key Stage 4

GCSE

The department offers GCSE PE. Students with an interest and talent in physical education regularly achieve highly in this qualification.

Year 9 and 10

- Students follow a range of practical sports including netball, hockey, football, rugby, and athletics etc. Students are assessed on their ability to perform skills in isolation and their effectiveness within games/performances.
- Students complete a 6-week Personal Exercise Programme that is formally assessed.
- Students learn and apply key examined theory of sport-based modules throughout Year 10, including anatomy and physiology, training methods, training principles, components of fitness, key tests for the components, sports psychology and skill acquisition etc.

Year 11:

- Students continue to follow a range of practical activities and the exam activities are confirmed and prioritised. Students hone their skills ready for the practical exam in March.
- Students continue to study the theory component of the course ready for the final exam in May.

'Core', Statutory PE

Year 9: Students continue to follow a rotation of activities, similar to key stage 3 to build up skills and experience ready for changes to delivery in Years 10 and 11.

Year 10: Students select a 'pathway' to follow, to include indoor and outdoor games, health related exercise activities and athletic events. Students are given opportunities to take more responsibility in planning and leading their own activities.

Students are also given an opportunity to take the Sports Leader Level 1 qualification.

Year 11: Students continue to follow a pathways to include indoor and outdoor games, health related exercise activities and athletic events. The aim is to ensure that all students are able to leave mainstream education able and enthused about their future activity choices.

Sixth Form

The department offers Edexcel's 'A' level Physical Education course.

In addition, all Year 12 students have 1 hour per week to experience physical activity as well as health and emotional wellbeing activities within the department.

Homework Expectations (Including ICT resources and websites)

Current guidance (from the Chief Medical Officer in the UK) states that children 5-18 years of age "should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day". We ensure and encourage our students to raise their Heart Rate to between 60-80% of their maximum (worked out by the equation $220 - \text{age} = \text{max HR}$, then work out 60%). However they only have two lessons a week in school to do this. Therefore, the department expects that students use their homework time to follow the government's guidance. The PE team will offer advice, support and suggestions to any student or family member who wishes to ask.

<http://www.bbc.co.uk/education/subjects/znyb4wx>

<http://www.teachpe.com/> <http://www.brianmac.co.uk/index.htm>

Extra-Curricular Opportunities

The department currently offers a range of extra-curricular opportunities including football, rugby, netball, hockey, athletics, cricket, rounders, badminton and basketball. We try to support other activities as the needs and wishes of the students arise. The school also runs successful sports teams playing in inter-school district competitions.

Marking and Assessment

Students are assessed across all modules and the assessment is used in conjunction with the students to accelerate progress. At the end of each module in key stage 3 each student is formally assessed by their class teacher and dialogic conversations take place as a result. Students are set by ability in PE in key stage 3.

Examinations

[Edexcel: GCSE PE](#)

[Edexcel: GCE 'A' level PE](#)