

## **Welcome to the Physical Education Department**

Subject Leader                      Mr A Vickers

Teachers                                Mr S Oliver, Miss M Bruce, Mr T Fitton, Mr D Hebden, Mrs T King, Mrs T Lester, Mrs G Young

### **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, handball, volleyball, 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
- 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

### Exam PE pathways

The department offers GCSE PE and Btec Tech Award in Sport qualifications. In Y9 students follow a broad 'exam PE' curriculum that is designed to be a sound grounding for both qualifications. The most appropriate pathway (GCSE PE / Btec Sport) is chosen around Easter in Y9 to be followed thereafter. Students with an interest and talent in physical education regularly achieve highly in these qualifications.

#### Year 9

- Students learn and apply key examined theory of sport-based modules throughout Year 9, including anatomy and physiology, training methods, training principles, components of fitness, key tests for the components. A range of assessment methods are used to best prepare students for their pathway selections
- Students will follow a 'practical theory' series of lessons where they will put concepts of fitness and health, anatomy & physiology etc into practice to reinforce learning

#### Year 10

- GCSE PE - Students develop deeper knowledge into anatomy & physiology – especially how the body systems allow sporting movements to happen & the immediate responses & long-term adaptations to aerobic & anaerobic training. Students also start learning about lifestyle issues surrounding activity & leading a sedentary lifestyle and sports psychology. Students are introduced into how to generate video evidence for the 3 sports they will be terminally assessed in during Y11. Students will plan, execute and assess a 6 week personal exercise programme – coursework accounting for 10% of their overall grade.
- Btec Tech Award in Sport – Students will study two modules in Y10.
  - Component 1: Preparing Participants to Take Part in Sport and Physical Activity (formally & finally assessed in May / June exam series)
  - Component 2: Taking Part and Improving Other Participants Sporting Performance (formally & finally assessed

#### Year 11

- GCSE PE – Students will have covered the curriculum for the theory components in time for their November PPEs. This allows time to deepen knowledge and allow students to access the higher level skills they need – the order of the curriculum can depend on the needs of the cohort, prioritising less well understood areas or areas that give the most marks on the exams. A deadline will be set for practical sport evidence and students will have opportunities to complete in class. The year ends with two terminal exams.
- Btec Tech – Students will study a final, synoptic component – Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity – exam assessed May / June

### '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.

## 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: Btec Tech Sport](#)

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