



## Curriculum Aim – Physical Education



*The aim of Physical Education is to use physical activity to develop personal attributes and a desire to lead a healthy active lifestyle with the motivation to push physical and mental boundaries.*

### **KS 3 Intent**

- Develop their fitness through health and fitness lessons
- Develop the skills needed to participate in a range of sports in both PE and Games lessons
- Develop an understanding of the rules needed in a variety of different sports
- Develop leadership skills through coaching and officiating
- Strengthen problem solving and personal skills through Outdoor Adventurous Activities
- Prepare students for Cambridge National Certificate in Sport by strengthening their skills across a variety of team and individual sports
- Encourage all students to attend extra-curricular sports clubs
- Introduce basic understanding of the benefits of physical activity
- Stretching and Challenging students with leadership opportunities through primary sports festivals
- Signposting pupils to relevant sports clubs within the community

### **KS 4 Intent**

**(Cambridge National in Sport and Physical Activity)**

- Students will develop their skills, techniques and use of tactics/strategies/compositional ideas in both an individual and a team sporting activity. They will also learn to evaluate and improve their own performance.
- Students will develop their understanding of the rules of a sport to enable them to confidently officiate it
- Develop their understanding of contemporary issues in sport
- Develop their understanding of the impact of media on sports performance and participation, by writing an extended report to demonstrate this
- Develop research and referencing skills
- Challenge their leadership skills to enable them to plan, deliver and evaluate a sports coaching session
- Develop the foundation knowledge needed for Cambridge Technical Sport and Physical Activity
- Develop the ability to analyse/evaluate their own opinions and opinions of others

### **Core**

- Continue developing the skills needed to participate in a range of different sports
- Demonstrate the skills needed to officiate a range of different sports
- Develop understanding of the tactics needed to be successful in a competitive situation

	<ul style="list-style-type: none"> <li>• Develop the leadership skills to plan and deliver small sports sessions to peers</li> <li>• Develop their fitness through the use of the fitness suite in lessons</li> </ul> <p><b><u>KS 5 Intent (Cambridge Technical Diploma in Sport and Physical Activity)</u></b></p> <ul style="list-style-type: none"> <li>• Focus on independent learning and workplace based learning tasks / experiences that will prepare them for higher education and employment</li> <li>• Students take 11 different units, 3 of which have external assessments (exams) the remaining units are assessed through the use of coursework and externally moderated</li> <li>• Develop their own performance in an individual and team sport. They learn the techniques needed to effectively analyse performance</li> <li>• Leadership skills are challenged through the design and implementation of a scheme of work for KS3, as well as through the running of sporting events for younger years</li> <li>• Students will complete coursework folders for each unit, the assessed work could include presentations, PowerPoints, essays, reports and practical assessments</li> <li>• Develop research and reference skills</li> </ul>
<p><b><u>Curriculum Implementation</u></b></p>	<ul style="list-style-type: none"> <li>• Curriculum docs</li> <li>• SOW</li> <li>• Exam Specifications</li> </ul> <p><u>Lesson provision</u></p> <ul style="list-style-type: none"> <li>• At KS3, students get two PE lessons a fortnight and two Games lessons</li> <li>• At KS4 students get three Games lessons a fortnight</li> <li>• Students studying the Cambridge National course have 6 lessons a fortnight, these will be divided into 2 practical lessons and 4 theory lessons</li> <li>• At KS5 students studying Cambridge Technical Diploma in Sport and Physical Activity get 17 hours a fortnight, students studying the extended certificate get 9 hours a fortnight.</li> </ul> <p><u>Extra curricular</u></p> <ul style="list-style-type: none"> <li>• An extra-curricular timetable is published to the school website for terms 1 and 2, 3 and 4, 5 and 6</li> <li>• There will be extra-curricular activities in a range of sports including but not limited too: Netball, Hockey, Gymnastics, Rugby, Dance, Football, Dodgeball, Swimming, Basketball, Aikido and Fitness</li> <li>• Club links- students will be signposted to appropriate clubs and opportunities in the community</li> <li>• Options evening – yr 9</li> <li>• Open evening, yr 6 and 11</li> </ul>

<p><b><u>Curriculum Impact</u></b></p>	<p>Assessed through:</p> <ul style="list-style-type: none"><li>• Student outcomes</li><li>• Learning walks and observations</li><li>• Work scrutiny</li><li>• Termly data analysis through Alps connect and Sisra</li><li>• Department/HOF meeting minutes</li><li>• KS 4/5 uptake</li><li>• Extra curricular attendance</li><li>• SEN/PP tracking data</li><li>• Summative/Formative assessment</li><li>• Individual and team sport success</li><li>• Number of fixtures/opportunities (internal and external)</li></ul> <p><b>Strong Impact if:</b></p> <ul style="list-style-type: none"><li>• Excellent outcomes at KS4/5 (results)</li><li>• Post 16 pathways in sport studies are successful</li><li>• Excellent behaviour in lessons and attitude to learning</li><li>• Students take pride in their work, presenting it to a high standard</li><li>• All students accessing curriculum (differentiation)</li></ul>
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