

## CURRICULUM

### CURRICULUM OVERVIEW

#### ART + PHOTOGRAPHY

#### BUSINESS

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#### LEARNING

#### DESIGN TECHNOLOGY

#### DRAMA

#### ECONOMICS

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#### HEALTH AND SOCIAL CARE

#### HISTORY

#### ICT

#### MATHEMATICS

#### MEDIA

#### MODERN FOREIGN LANGUAGES

#### MUSIC

#### PCRE

#### PHYSICAL EDUCATION

#### PSYCHOLOGY

#### SCIENCE

#### SOCIOLOGY

#### VOCATIONAL QUALIFICATIONS

## PHYSICAL EDUCATION

### Aim of the subject

To deliver a high-quality physical education curriculum that inspires all pupils to succeed and excel in sport and other physically-demanding activities. To provide opportunities for pupils to become physically confident in a way that supports their health and fitness. To provide opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Our programme of study aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Course Outlines:

#### Key Stage 3

Pupils will build on and embed the physical development and skills learned in key stages 1 and 2, and become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They will understand what makes a performance effective and how to apply these principles to their own and others' work. They will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique 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
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- 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.

We are currently in the process of redesigning our Key Stage 3 offer in order to ensure that students have the greatest chance for success at GCSE.

#### Key Stage 4

Pupils will tackle complex and demanding physical activities and get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. We hope that through a wide and varied options programme that students will find an activity that they will continue to participate in long after leaving school.

Pupils will be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

### **Pearson BTEC Sport Level 2 (Equivalent to 1 GCSE)**

This course is currently taught in Years 10 and 11

The BTEC Sport Level 2 has been developed to be delivered through practical participation and performance

in a range of sports and exercise activities

- give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of optional specialist units
- encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select from optional units available in the qualification structure
- give full-time learners the opportunity to progress to other vocational qualifications, such as the Pearson BTEC Level 3 Nationals in Sport or Sport and Exercise Sciences, or on to GCE AS or A level, and, in due course, to enter employment in the sport and active leisure sector

We will be studying the following areas:

- Fitness testing and training (Year 10);
- Practical Sports Performance (Year 10);
- Training for Personal Fitness (Year 11);
- Leading Sports Activities (Year 11)

### **Key Stage 5**

At Key Stage 5 we run BTEC National Sport Level 3 course.

### **Pearson BTEC Level 3 National Extended Certificate in Sport (Equivalent to 1 A-Level)**

BTEC covers the key knowledge and practical skills required for success in the appropriate vocational sector.

We will be studying the following areas;

- Anatomy and Physiology (Year 12);
- Practical Sports Performance (Year 12)
- Fitness Training and Programming for Health, Sport and Well-being (Year 13);
- Professional Development in the Sports Industry (Year 13);

### **Pearson BTEC Level 2 Technical Diploma for Sports and Activity Leaders**

Built on BTEC's tried-and-trusted 'learn-by-doing' approach, BTEC Level 2 Technicals help **post-16 learners** stand out from the crowd with the skills they need to start and succeed in their careers.

Employers and industry bodies have helped us design BTEC Level 2 Technicals, so you have the content and approach to prepare learners for wherever their next steps may lead. Your learners will have the confidence to:

- build knowledge
- master skills
- learn from professionals
- apply learning in practice.

This means your learners can be fully prepared to take their next step, be it into a job, apprenticeship or further study at level 3.

The aim of this course is for learners who want to start a career in sport and physical activity. It is an ideal qualification for learners intending to progress directly to employment in sport and activity leadership, or to an apprenticeship.

Learners will develop transferable workplace skills, such as good communication and the ability to work in a team.

We will be studying the following areas;

- Leading Sport Safely and Effectively;
- Working in Sport and Activity Leadership;
- Leading Sport and Physical Activity;
- Coaching Sport;
- Developing Skills for Sport and Activity Leadership;
- Getting others Active Outdoors;
- Delivering a Sports Activity Event

[PE Extracurricular Timetable Autumn 2018](#)

[PE Kit and Participation](#)

For further information please contact Head of Department:

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*Content updated January 2017*

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