



Physical Education

All Southchurch High School students received two physical education lessons each week and the main focuses of these lessons are always inclusion, enjoyment and the education of a healthy lifestyle. The PE department is full of dedicated teachers who are experienced at enabling our students to reach their full potential regardless of their starting point. Our students will benefit from our fantastic facilities that include an indoor gymnasium, dance studio and sports hall. As well as our outdoor basketball, netball and tennis courts, football and rugby pitches and our all-weather surface that is used for winter football and hockey. We also have a state of the art Technogym that is available for our students to use before school and during their fitness modules.

We encourage all of our students to become involved in our extra-curricular clubs and teams, as we believe that it is an important part of succeeding at school. Building strong relationships and embedding the ethos of teamwork and responsibility are what we hope to do as this leads to producing good learners and successful students. Throughout the year we compete at borough level in cross-country, badminton, table tennis, football, netball, rugby, cricket, rounders, softball and athletics and we aim to give any of our students who are willing to work hard the opportunity to represent the school in these disciplines.

KS3 core

In years 7, 8 and 9 the physical education timetable is such that each teaching group will have one indoor and one outdoor lesson each week for the autumn and spring terms. All classes begin each year with a fitness module lasting 7 weeks. During this time, our experienced staff will assess each child against a whole range of fitness tests to determine teaching groups and initial baseline assessments. Thereafter the girls groups will be taught netball, basketball, hockey and gymnastics; while the boys experience football, basketball, rugby and gymnastics. In Y9 both genders may also be taught badminton, hand ball, dodgeball and trampolining depending on class sizes. For the summer term all of our lessons are outside and the focus switches to rounders, cricket and athletics respectively.

Within each half term period our students will sit an exam paper where they will be questioned on topics that have been taught to them by their class teachers during their practical lessons. The results of these tests help us to build a more holistic assessment of each child which means we can confidently predict which students are suited to studying PE at a higher level.

KS4 core

As our students move into Y10 they will all participate in an initiative called 'Sport Education.' Here the learning and progression of the lessons become the responsibility of the students as they take on different roles within teams. Each team includes a captain, warm up coach, skills specialist, groundsman and utility man and they each contribute towards the leadership of the lesson. It is up to the students to rely on each other's area of expertise each week to ensure progression occurs and team points are scored. The sports that we focus on can also become more varied with tennis and softball coming into the curriculum.

The theme of peer leadership continues into Y11 as all core PE lesson become 'Recreational Sport.' Again, the emphasis is on the students taking control of their lessons, but this time in a purely match-based, competitive manner where students are asked to select, implement and then

justify their match tactics. The 'more able' students are asked to lead the lessons and provide guidance and support for their peers, which continues to push them as all-round athletes and ensures progress is still being made by every student in every lesson.

BTEC First in Sport

If our students wish to study physical education as one of their KS4 options then this is the course that they will be entered for. The BTEC option is made up of three separate pieces of course work and one on-line test and it incorporates both the practical and theoretical aspects of sport which makes it accessible to those students who achieve a level 4 or above throughout KS3 because it takes into consideration both aspects of physical education.

The course looks at areas of anatomy and physiology, methods of training, fitness and lifestyle choices, designing training programmes and coaching and leadership and it is ideal for anyone who wishes to study BTEC Sport to a higher level and then go into a career in the sports industry.

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