

## Physical Education

### KS3 Curriculum

#### What does this course involve at Key Stage 3?

All students have two hours of practical PE each week and the sports change across each half term block. Football, basketball, fitness, rugby, table-tennis, gymnastics, handball, hockey, athletics, rounders, and cricket are all offered over the two year programme and the students can also access trampoline sessions, badminton, tennis and cross-country through the extra-curricular programme.

In Y7 and Y8 the students are continuously assessed in their practical lessons, with PE staff grading their execution of skills as well as tactical knowledge and leadership skills. There are also four theoretical assessments in each year where the students are tested on what they have learnt so far in their lessons. The final assessment grade is made up from both the practical and theoretical grade (50/50) so that we can accurately predict a final KS4 grade for each student.

Year 7	Students are taught rudimentary skills and techniques associated with each sport which enables students to compete in full-scale game situations. They will also be taught, and tested, on the rules and regulations of each sport.
Year 8	In Year 8 we focus more on tactical awareness and match play. The students are also encouraged to officiate during some lessons to further improve their knowledge and understanding of each sport.

### Key Stage 4 Curriculum

Years 9, 10 & 11	<p><b>Qualification name:</b> BTEC Technical Award in Sport, Activity and Fitness</p> <p><b>Course detail/overview of content:</b> This course consist of three components: two that are internally assessed and one that is externally assessed by the exam board. The three block structure, explore, develop and apply, has been developed to allow students to build on and embed their knowledge. This allows them to grow in confidence and then put into practice what they have learned. The course is also designed to enable the students to build on what they learn, and develop their skills, as they move through the course. The three components studied are:</p> <p><b>Component 1 – Understand the Body and the Supporting Technology for Sport and Activity</b></p> <ul style="list-style-type: none"><li>• The students will investigate the impact of sport and activity on body systems</li><li>• Explore common injuries in sport and activity and methods of rehabilitation</li><li>• Understand how technological advances have impacted sport and activity</li></ul> <p><b>Component 2 – The Principles of Training, Nutrition and Psychology for Sport and Activity</b></p> <ul style="list-style-type: none"><li>• The students will investigate how training can improve fitness for sport and activity</li><li>• Explore how a healthy diet, macro and micronutrients and hydration are beneficial for sport and activity</li><li>• Understand how psychological factors such as motivation, self-confidence and anxiety can influence sport and activity</li></ul> <p><b>Component 3 – Applying the Principles of Sport and Activity</b></p> <ul style="list-style-type: none"><li>• The students will understand the fundamentals of sport and activity leadership</li><li>• Plan activity sessions for target groups</li><li>• Understand how to plan for health, fitness and diet</li></ul>
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