

OVERVIEW



SUBJECT:	Physical Education
-----------------	--------------------

Intention

Our PE curriculum is divided into 3 sections; practical PE, BTEC PE and extra-curricular PE.

Practical PE

In KS3, we teach practical PE to all students 2 lessons per week. Our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

They will also increase their understanding of sport from both a technical and tactical viewpoint. The intention is that these attributes will form the foundations for the students to succeed at KS4. Their knowledge and understanding of health and fitness will enable them to engage fully in the physical requirements of the BTEC Sport, Activity and Fitness course. Written assessment papers will also give them the basic knowledge of many of the topics which they will go onto study in KS4.

The national curriculum for physical education 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.

In key stage 4 practical PE, pupils will tackle complex and demanding physical activities. They will get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Cambridge Nationals in Sport Science

In years 9, 10 and 11, every student at Southchurch High School will complete the Cambridge Nationals in Sport Science level 2 course. Cambridge National in Sport Science will encourage students to; understand and apply the fundamental principles and concepts of Sport Science, develop learning and practical skills that can be applied to real-life contexts and work situations, think creatively, innovatively, analytically, logically and critically, develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely, prepare participants for physical activity in ways which keeps them safe as well as learning how to react should injuries happen and how to recognise common medical conditions, learn how to conduct fitness tests, including interpreting and feeding back on the data you get from these as well as how to design, implement and evaluate fitness training programmes, develop knowledge of either how the body responds to exercise and understand how technology helps inform us of these changes, or a delve into the world of sports nutrition to understand how what we eat can impact our performance in sport and develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical movements of the human body.

Extra-Curricular

Our school provides a range of PE-related activities for children before school and at the end of the day. These encourage children to further develop their skills in a range of the activity areas and have opportunities to experience competition. The school then plays regular fixtures against other local schools. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children.

Implementation

In key stage 3 PE pupils will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games such as 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
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

In key stage 4 practical PE pupils will be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games such as badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis
- develop their technique and improve their performance in other competitive sports such as athletics
- take part in outdoor and adventurous activities 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

Cambridge Nationals in Sport Science

Students will be able to work with independence to create material which reflects effective planning, development and evaluation, and an ability to demonstrate practical skills and qualities. Students will apply knowledge, understanding and skills, identifying, selecting and using a range of sport Science approaches commonly used in the workplace and in higher education. Students will be able to produce work that is complete and coherent, demonstrating independence and understanding. Students will be able to recall, select and apply knowledge and understanding, using practical sporting examples, demonstrate knowledge and understanding of physical and psychological factors that affect performance and participation in sporting activities, identify, plan and carry out a range of activities and exercises to prepare for, and recover from, sporting activities, demonstrate awareness of how to meet specific needs when developing and delivering different sporting activity programmes and use some technical language and scientific terminology correctly, demonstrate evaluative skills.

Extra-Curricular

Our students have vast opportunities to take part in competitive sports and activities outside school through community links or sports clubs. These include being entered in football, netball, basketball, swimming, athletics, hockey, cross-country and other competitions throughout the year. Our extra-curricular timetable changes throughout the year to link with outside competitions and alongside our PE lessons.

Impact

Practical curriculum

By the end of each key stage 3, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study. Pupils will continue to foster the essential habits which sport demands such as resilience, respect for opponents, honesty, perseverance and fair-play. These concepts are then brought into wider aspects of PE through giving students the responsibility of leading some components of lessons such as warm ups and cool downs as well as team captains starting extra-curricular clubs. Pupils will be expected to re-find and apply a range of skills at a more competent level displaying improved accuracy as well as develop the use of tactics/strategies within the sport/activity in competitive situations e.g. conditioned or small-sided games or structured routines/performance. Pupils will also be expected to apply their gained knowledge of the how the cardiovascular aids performance and the effects of exercise on it. Pupils will also begin to understand the name, location and functions of muscles and bones and continue to develop their knowledge and application of the components of fitness and how they are used in sports/activities which links to their key stage 4 theoretical studies.

By the end of key stage 4, students will be expected to develop their ability and aptitude in physical activities in order to; demonstrate appropriate techniques, decision making skills and strategies and or compositional ideas, apply the skills, strategies whilst under pressure considering personal strengths and weaknesses to achieve a successful performance, analyse and evaluate their performance to bring about personal improvement in sport and activity. Pupils will acquire knowledge on their performance of skills and techniques in isolation/unopposed situations as well the application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation. Our aim is to continue to engage students in a healthy active lifestyle and allow them to take more responsibility in lessons giving them increased flexibility to choose activities that they are interested in to create a lifelong interest in physical activity.

Cambridge Nationals in Sport Science

This qualification provides engaging situations, where students will use their learning in practical, real-life situations, such as; understanding how to prevent and treat sporting injuries, understanding how different medical conditions can affect sports performance, applying the principles of training to fitness and skills development for sporting activities, understanding how to apply knowledge of good nutrition to improve sporting performance, understanding how the body systems change and develop in response to physical training, and understanding how technology can assist in measuring the changes in your body during physical training.

This will help students to develop independence and confidence in using skills that would be relevant to the Exercise, Physical Activity, Sport and Health sector.

The qualification will also help students to develop learning and skills that can be used in other life and work situations, such as:

- **Completing research**
- **Working with others**
- **Planning training programmes**
- **Evaluating and making recommendations to help improve performance**
- **Creating and delivering presentations**
- **Writing reports**
- **Leadership skills**
- **Healthy living and lifestyle skills.**

This qualification will complement other learning that students are completing for GCSEs or vocational qualifications at Key Stage 4 and help to prepare you for further study, Apprenticeships or employment.

All of these skills will help students progress onto further study in the Exercise, Physical Activity, Sport and Health sector. This may be Level 3 vocational qualifications, such as the Cambridge Technical in Sport Physical Activity, AS and A-Levels, such as Biology, Physical Education, Psychology, Science, Sport or an apprenticeship in roles such as Community activator coach, Leisure team members, Personal trainer or an Outdoor activity instructor.

Students will also improve their ability to prepare for examinations is an important skill to adopt to help punctuality, self-discovery, revision techniques and intrinsic motivation. Students will be looking to prepare for examinations through question practice, examination techniques, knowledge builder exercises.

Extra-Curricular

Our extra-curricular timetable provides our students with opportunities and experiences they may not be able to access outside of school life. This broadens their PE curriculum even further than in PE lessons.

