

Physical Education-Aims/Intent

P.E follows the National Curriculum

www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study

Students build on and embed the physical development and skills learned in Key Stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Students understand what makes a performance effective and how to apply these principles to their own and others' work, developing 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.

The aims in Physical Education are that students will be taught:

1. 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, netball, rounders, rugby, Volleyball and tennis].
2. To develop their technique and improve their performance in other competitive sports [for example: athletics, table tennis and gymnastics].
3. To develop their levels of fitness and gain the knowledge as to why fitness is important and what they can do to improve their fitness over time.
4. To 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.
5. To analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
6. To take part in competitive sports and activities outside of school through community links or sports clubs.
7. To understand what it means to be a sportsperson and the career paths open to them.
8. To read and develop specific technical vocabulary which is specific to each sport or concept.
9. All learners (including EAL/SEND and HPA) to make strong progress throughout the year.

How cultural capital is enhanced through Physical Education:

Personal Development

Careers in sport and physical activity, and information of further and higher education.

Developing confidence through coaching peers, and building of self-esteem through progress in physical activities and sense of wellbeing.

Social Development

All PE lessons encourage varied social interaction across different groups. Pupils have opportunities to work as teams in lessons and these also encourage the social side of sporting endeavour, e.g. sports day.

Physical Development

Challenge of physical endeavour in all lessons and activities. Opportunities for leadership which promotes healthy lifestyles. Learning in exam based PE about healthy lifestyles and training principles

Spiritual Development

Co-operation, etiquette, team-work, fair-play; these values are promoted in all practical PE lessons, including extracurricular opportunities. Respect for others' beliefs when fasting is promoted.

Cultural Development

Continued promotion of being effective individuals in a sporting context; particularly in extra-curricular provision. Highlighting to students when main or high-profile sporting events are taking place.

Moral Development

Implementing the values of sportsmanship and respect within PE.

How students vocabulary is developed through Physical Education:

Students show an understanding of key words and vocabulary through their peer teaching of skills and activities.

- Students are encouraged to use technical language throughout all core PE and examination PE lessons and are able to explain their meaning.
- Key words and vocabulary lists are given to students when completing BTEC examination units.

<https://filestore.aqa.org.uk/resources/pe/AQA-8582-VOCAB.PDF>

<https://www.aqa.org.uk/resources/physical-education-and-sport/as-and-a-level/physical-education/teach/subject-specific-vocabulary>

Implementation

Core PE:

Key Stage 3:

Students develop their thinking skills to plan tactics and strategies for use in a variety of situations. They develop their skills in games, gymnastics and athletics, as well as looking at different aspects of fitness. Students are encouraged to work as part of a team through various problem-solving tasks, developing key qualities such as trust, communication and perseverance. They will focus on how to lead a healthy balanced lifestyle through everyday tasks. Within Key Stage 3, all students will have the opportunity to learn and be active within a variety of 12 different sporting activities over the two years.

All students continue to follow an active programme with the focus still on promoting healthy, active lifestyles. They will take on a variety of roles within sports and activities, such as a coach, official and organiser. More of an emphasis is put onto the student to select the sporting pathways that they wish to participate in, for high levels of engagement and enjoyment.

Key Stage 4:

Option PE: SLQ Level 2 Community Sports Leader and AQA GCSE Specification:

Students will undertake 2 qualifications:

1. Level 2 Community Sports Leader qualification – a Nationally recognised qualification that the students can go on to use within their communities

2. AQA GCSE - <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>

This course should encourage students to:

- be inspired, motivated and challenged, and enable them to make informed decisions about further learning opportunities and career pathways
- develop knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being
- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Key Stage 5:

AQA Specification

In Y12/13, students study an AQA Physical Education programme which covers topics such as Anatomy and Physiology, Skill Acquisition, Biomechanics, Sports Psychology and Sport and Society. On top of this students are also assessed in one practical sport in both years and they have to complete a verbal assessment evaluating the performance of another student in their chosen sport.

Students are assessed throughout the year, using peer and self-assessment and set success criteria that is shared with the students in each lesson, based on taught content. Students also take part in practical workshops so that they are familiar with anatomy and how the body works through endurance and performance. Teachers will follow their long term planning to ensure the specification is well sequenced and students can build on their knowledge, skills and understanding, taking ownership of their work as it progresses in a deep and rich way.

Impact

Through the study of Physical Education our students will demonstrate that they have made good progress from their starting points and become well rounded individuals. Work in students' folders show they can use a range of technical language and know how the body reacts during exercise. Discussions with students illustrate that they can explain and explore their own understanding of the disciplines of sport. Through monitoring teacher's long-term sequencing/planning and students' work it will be clear that student's knowledge, understanding of all forms of sport and their cultural capital have been considerably enhanced.

Students know what it means to maintain a healthy balanced lifestyle. Students develop teamwork skills that support other areas of the curriculum. Physical Education helps students develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations. Students know the career pathways open to them in sports.

We run many after school clubs and events including: rugby/badminton/football/netball/rounders/cricket. At CHA we compete in local, county and national competitions. This year we are starting to introduce an excellence programme, rewards trips and an awards ceremony for students who excel within PE towards the end of the academic year.

