

Subject	Physical Education
Curriculum Intent	<p>The Physical Education Department aims to develop students to have a lifelong love of physical activity, through a stimulating curriculum igniting a passion for being active and healthy.</p> <p>We also aim for our students to be successful in both Sport and PE courses by developing their skill and knowledge across a range of activities.</p>
Key Stage 3	<p>Students have one double lesson a week which consists of 100 minutes. Students follow a Threshold Curriculum where they acquire and develop a range of skills and qualities across a variety of assessment objectives, skills and practical performance, strategies and tactics, rules and regulations, health and fitness, leadership and analysis and evaluation. They are assessed over a broad range of activities including invasion games, net and wall, fitness and aesthetic activities as well as athletics.</p> <p>Overview</p> <p>Students will participate in a range of activities and sports; through which they will develop their skills and practical performance. The curriculum is evaluated at the end of each academic year to ensure the correct activities are offered to each group independently.</p> <p>Cycle 1 - Rugby, Netball, Football, Badminton, Basketball, Table Tennis, Dance, Handball, Trampolining, Gymnastics, Volleyball, Health and Fitness.</p> <p>Cycle 2 - Rugby, Netball, Football, Badminton, Basketball, Table Tennis, Dance, Handball, Trampolining, Gymnastics, Volleyball, Health and Fitness.</p> <p>Cycle 3 - Cricket, Rounders, Softball, Athletics, Table Tennis, Tennis.</p> <p>Assessment is continuous from the initial base assessment through to formative feedback and target setting in every unit of work. All assessments are made against age appropriate expectations of the students with a summative end of unit evaluation taking place. Students are encouraged to continually use some form of self-assessment and peer-assessment throughout each activity. Assessment is also supported by overall performance and ability seen in extra-curricular clubs.</p> <p>Threshold Concepts</p> <p>TC1: PHYSICAL -To understand and develop sport specific skills to enable lifelong participation in physical activity.</p> <p>TC2: MENTAL -The ability to develop successful decision making and problem solving skills in a variety of sporting scenarios.</p> <p>TC3: SOCIAL -The ability to use effective communication and teamwork skills when working as a performer, leader and official.</p>
Key Stage 4	Students continue to have a double lesson of PE per week but follow a more options based pathway ensuring the curriculum is personalised to the student.This

develops confidence for participation in sport and physical activity beyond school.

In addition to their core PE lessons, we offer students the following options to study examination Physical Education: GCSE PE, Sports Studies or GCSE Dance.

GCSE Physical Education follows the AQA exam board and is made up of two exams (60%), practical assessment (30%) and a coursework element (10%). Students study a range of topics physiology, psychology, health and physical participation, sports science, nutrition and socio-economic factors affecting sports participation.

Cambridge National Award offers a completely different pathway where the majority of the course is made up of coursework and practical elements (60%) with one exam (40%). The exam focuses on contemporary issues in sport and the remaining units cover practical sports performance, developing knowledge of skills in sport and the media and sports leadership. There are some practical elements to the course where students are assessed in individual and team sports.

GCSE Dance is a great course for those pupils who have a strong interest in performance. The study of dance as an art form develops students aesthetically and creatively. Over the two years, students complete a performance (30%), a choreography exercise (30%) and a written exam (40%).