

Physical Education



Key Stage 3 (years 7-9)

The Key Stage 3 PE curriculum covers a range of activities (invasion games, net/wall games, dance, gymnastics, outdoor/adventurous activities and athletics) which allows students to use a range of tactics and strategies to overcome opponents in direct competition. It allows them to develop technique and improve their performance in other competitive activities, such as athletics. Students are taught rules and traditions in a range of activities such as football, dance and gymnastics. Students are required to solve problems through outdoor and adventurous activities which allow them to work individually or as part of a team.

Throughout all activities, students have the opportunity to analyse their own performance as well as that of others and make suggestions for improvement.

The Key Stage 3 curriculum covers a full range of activities including invasion games, individual sports and creative elements, all of which enable students to perform at their best and be successful. The range and scope allow all students to identify a sport or activity they can enjoy for life, thereby contributing to an active, healthy lifestyle. The course will stretch and challenge the more able students, as well as supporting others as appropriate.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Rugby Netball Cross country Gymnastics		Badminton Orienteering Football Hockey		Athletics Cricket Rounders	Athletics Cricket Rounders
Year 8	Rugby Netball Cross country Fitness suite		Gymnastics Basketball Football Hockey		Athletics Cricket Rounders	Athletics Cricket Rounders
Year 9	Rugby Cross country Basketball Hockey		Badminton Fitness suite Football Hockey		Athletics Cricket Rounders	Athletics Cricket Rounders

Physical Education



Key Stage 4 (years 10-11)

All students continue with Core PE throughout years 10-11. The focus continues to on fostering habits that will support a healthy lifestyle, now and in the future, which includes exposing students to a range of sporting activity.

GCSE PE / Cambridge National Sports Studies

The AQA GCSE has an engaging theory content that is accessible to students of all abilities. It has clear assessment objectives which students can understand. The theory exam papers cover a range of question types, from multiple choice, short answer and extended writing. This ensures all ability levels are catered for in the theory aspect of the course.

In addition to the GCSE PE course, OCR L1/2 Cambridge National Sports Studies award is also offered. This course offers learners the opportunity to study key areas of sport studies including sports coaching and leadership, contemporary issues and sport in the media. This method of assessment is more suited to some of our learners with two pieces of written coursework plus one exam.

By running both courses alongside each other we make sport and PE accessible to all.

Key Stage 5 (years 12-13)

L3 Cambridge Technical in Sport

L3 Cambridge Technical in Sport (OCR) is offered for post-16 study. This is a vocational course and is suited to those students who want to pursue a career in the sports industry. The vocational course prepares the students better for the working environment, but also allows further study at University if they so choose. The Cambridge Technical is less exam-based but students are required to get more involved in the practices used in the sports industry such as planning and leading a sports event or coaching and leading others.