

# Physical Education



## Key Stage 3 (years 7-8)

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	Cross-Country Rugby Netball Basketball	Cross-Country Rugby Netball Basketball	Football Gymnastics Hockey Badminton	Football Gymnastics Hockey Badminton	Athletics Cricket Rounders Tennis	Athletics Cricket Rounders Tennis
Year 8	Cross-Country Rugby Netball Basketball	Cross-Country Rugby Netball Basketball	Football Gymnastics Hockey Badminton	Football Gymnastics Hockey Badminton	Athletics Cricket Rounders Tennis	Athletics Cricket Rounders Tennis

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## Key Stage 4 (years 9-11)

All students continue with Core PE throughout years 9-11. 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 Science

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 Science award is also offered. This course offers learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance. This links in well to the theory content of the GCSE course. This method of assessment is more suited to some of our learners with three 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)

### A Level PE/ L3 Cambridge Technical in Sport

OCR A Level PE covers a range of theoretical subject areas from anatomy and physiology, psychology and sociological / historical concepts. The combination of physical performance and academic content provides challenge for our learners. This theory content is suited to students who want to extend their knowledge and skills into A level study, and for those who want to study the subject in further education, giving them a solid framework on which to build.

We also offer L3 Cambridge Technical in Sport - 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 carrying out fitness tests.