



## Physical Education



**TO PROVIDE OPPORTUNITIES FOR ALL STUDENTS, REGARDLESS OF ABILITY, TO ACHIEVE, DEVELOP AND EXCEL IN A RANGE OF DIFFERENT ACTIVITIES.**

**We aim:**

- To develop an understanding of the importance of exercise in maintaining a healthy life
- To develop a range of motor skills
- To develop the appreciation of the concepts of fair play and honest competition
- To develop the capacity to persevere to achieve success
- To encourage an intrinsic enjoyment of sport and physical activity
- To strive to raise the standard of physical education and sport for all our students

**Inspire \* Challenge \* Achieve**



### **Key Stage 3**

Students have 3 x 1-hour Physical Education lessons over the course of two weeks. Students have the choice to follow either the 'competitive' strand of activities for a period of 5 weeks or the 'non-competitive' strand for the same amount of time.

The 'competitive' strand activities consist of our more traditional team sports such as football, rugby, netball, basketball, handball, futsal.

The 'non-competitive' strand will focus on activities which do not have the emphasis placed on winning and losing, with a large emphasis placed on health and fitness.

### **Key Stage 4**

All students have 2 x 1 hour Physical Education lessons over the course of two weeks. Again students have the choice to follow either the 'competitive' or 'non-competitive' strand of activities. The emphasis in Key Stage 4 PE is about engagement, enjoyment and developing those core skills that will be required to maintain a healthy and active lifestyle into adulthood.

### **BTEC SPORT**

The BTEC Level 2 First Award in Sport provides an engaging and stimulating introduction to the world of sport. It will allow students to develop their theoretical knowledge as well as providing a practically based qualification. Students will develop skills such as:

Personal development through practical participation and performance in a range of sport and exercise activities.

A wider understanding and appreciation of health-related fitness, sport and exercise through a selection of optional specialist units.

Communication, planning and team-working skills

The opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

Students will study 4 units over the course. All have equal weighting of 25%.



### **Unit 1- Fitness for Sport and Exercise**

The only exam based unit. Students will learn about the components of fitness and the principles of training. They will explore different fitness training methods and get given the opportunity to investigate fitness testing to determine fitness levels. This is assessed by a one-hour onscreen test.

### **Unit 2- Practical Sports Performance**

This is a coursework-based module in which students will study two sports in detail and look to develop their own personal performance in these sports. They will develop their knowledge of the rules, regulations and scoring systems in the sports that we select. They will be able to practically demonstrate skills, techniques and tactics in the sports that we select as well as getting the opportunity to review their sports performance.

### **Unit 5- Training for Personal Fitness**

A coursework based unit, students will look at the stages of designing a personal fitness programme, gain understanding of personal awareness adherence factors and strategies. They will also implement their personal fitness training programme, maintain a training diary and learn how to effectively review their programme upon completion.

### **Unit 6: Leading Sports Activities**

A coursework based unit, students will look at the attributes associated with successful sports leadership. They will undertake the planning and leading of sports activities, both in school and out in the local community. They will also learn to evaluate their own effectiveness as a sports leader and will consider how to further develop their ability as a sports leader.

### **Key Stage 5**

Students can opt to study the BTEC Level 3 extended certificate in Sport. This is equivalent to 1 A-level.

Students complete four units over the course. Three units are compulsory, two of which will be assessed by an exam and the other two assessed via coursework. The three compulsory units are:

Anatomy & Physiology (Assessed by Exam)



Fitness Training & Programming for Health, Sport & Well-being (Assessed by Exam)

Professional development in the Sports Industry (Assessed by Coursework)

The 4th unit will be chosen based upon the make-up of the cohort and will be chosen from the following optional units:

- Sports Leadership
- Application of Fitness Testing
- Sports Psychology
- Practical Sports Performance