



Our curriculum in Physical Education

What is the purpose of PE?	Department information
<p>We want all students in PE to adopt and enjoy an active approach to their learning. The focus of PE lessons is the development of skills in a range of activities and competitions, as well as the importance of health, wellbeing and how to achieve individual personal best.</p> <p>Students who are interested in developing a deeper theoretical knowledge can study accredited courses in KS4 & KS5.</p> <p>We place vulnerable learners first and at the centre of our curriculum design to ensure students with SEND and those who are socially disadvantaged have enriched cultural capital. All students have the opportunity to connect and actively engage with Physical Education in and outside of curriculum time.</p>	<p>Core Leader: Miss Rebecca Deekes</p> <p>Subject Leader: Mrs Laura Morton</p> <p>Exam boards</p> <p>Year 7 – Year 9: KS3 Core PE</p> <p>Year 10: Pearson BTEC Level 2 Tech Award in Sport</p> <p>Year 11: Pearson BTEC Level 2 Tech Award in Sport, Activity and Fitness</p> <p>Year 12 & 13: Pearson BTEC Level 3 National Extended Certificate in Sport</p>
How do we develop Arthur Terry Learners?	
<p>We want students to follow active and healthy lifestyles; as well as developing their cognitive, emotional, moral, and social values through sport and physical activity. We believe that active and regular engagement in physical education can develop key attributes such as confidence, communication, resilience, teamwork and fitness, that impact positively upon physical and mental wellbeing. All lessons are designed using an active approach, and we encourage and reward the development of the Arthur Terry Values, as well as teaching British Values. Finally, we allow time for students to develop meta-cognition and crucially, build in time for students to practice and refine their new knowledge and skills.</p>	

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	Topics/Units	Summary of key content
7	<p><u>KS3 Core Physical Education</u></p> <p>In Core PE students will explore the concepts of outwitting opponents; application of tactical & compositional ideas; improving performances; developing & refining skills; whilst developing an understanding of the factors related to healthy active lifestyles.</p>	<p>These concepts will be explored through an activity rotation programme of activities from:</p> <ul style="list-style-type: none"> - Invasion Games: Football / Netball / Basketball / Ultimate Frisbee/ Games from around the world - Net games: Table Tennis/ Badminton/ Tennis - Striking and Fielding Games: Rounders/ Softball/ Cricket - Accurate Replication Activities: Dance and Gymnastics - Performing at Maximum Levels Activities: Athletics and Fitness themed lessons
8		
9		<p>Ongoing teacher observation within classroom lessons will assess student work and performances in practical lessons.</p>
10	<p><u>Year 10 Core Physical Education</u></p> <p>Whilst having the opportunity to build on KS3 CORE PE concepts; student engagement and assessment in KS4 CORE PE lessons will focus and link directly to the 4 strands of the Arthur Terry Learner: Resilience, Active Approach; Preparation and Meta-Cognition.</p>	<p>These concepts will be explored through an activity rotation programme of activities from:</p> <ul style="list-style-type: none"> - Invasion Games: Football / Netball / Basketball / Ultimate Frisbee/ Games from around the world - Net games: Table Tennis/ Badminton/ Tennis - Striking and Fielding Games: Rounders/ Softball/ Cricket - Accurate Replication Activities: Dance and Gymnastics - Performing at Maximum Levels Activities: Athletics and Fitness themed lessons <p>Ongoing teacher observation within classroom lessons will assess student work and performances in practical lessons.</p>

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<p>10</p>	<p><u>BTEC Tech Award Sport Level 2</u></p> <p><u>Component 1 - Preparing Participants to Take Part in Sport and Physical Activity</u> Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity.</p> <p><u>Component 2 - Taking Part and Improving Other Participants Sporting Performance</u> Learners will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.</p>	<p>Component 1 is sub-divided into 3 tasks. For this assessment, students will need to explore different types of sports provision for a case study, understand the equipment and technology required for participation plan and demonstrate a suitable warm-up considering the case study. This component contributes to approximately 30% of the student's overall qualification grade.</p> <p>Component 2 is sub-divided into 4 tasks. For this assessment, students will need to develop an understanding of participating in sport by developing their knowledge and understanding of skills and strategies used, in addition to being able to demonstrate these skills through conditioned practice or drills. This component contributes to approximately 30% of the student's overall qualification grade.</p>
<p>11</p>	<p><u>Year 11 Core Physical Education</u></p> <p>Whilst having the opportunity to build on KS3 CORE PE concepts; student engagement and assessment in KS4 CORE PE lessons will focus and link directly to the 4 strands of the Arthur Terry Learner: Resilience, Active Approach; Preparation and Meta-Cognition.</p>	<p>These concepts will be explored through an activity rotation programme of activities from:</p> <ul style="list-style-type: none"> - Invasion Games: Football / Netball / Basketball / Ultimate Frisbee/ Games from around the world - Net games: Table Tennis/ Badminton/ Tennis - Striking and Fielding Games: Rounders/ Softball/ Cricket - Accurate Replication Activities: Dance and Gymnastics - Performing at Maximum Levels Activities: Athletics and Fitness themed lessons

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11	<p><u>BTEC Tech Award in Sport, Activity and Fitness Level 2</u></p> <p><u>Component 3 - Applying the Principles of Sport and Activity</u></p> <p>Learners will study the attributes of a successful sports leader and the physical and psychological benefits for the people taking part in their sessions. Learners will then plan and lead an engaging activity session.</p>	The Component 3 unit is sub-divided into 3 Learning Aims - A, B and C. Each learning Aim has a set assignment, and students are assessed via completing and submitting coursework for each assignment. NB: Each assignment permits a first submission and the potential for a second (and final) re-submission. This unit contributes to approximately 30% of the student's overall qualification grade.
12	<p><u>BTEC SPORT – Extended National Certificate in Sport Level 3</u></p> <p><u>Unit 1 - Anatomy and Physiology</u></p> <p>Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.</p> <p><u>Unit 4 – Sports Leadership</u></p> <p>This unit covers the psychological dimensions of sport, and introduces psychological</p>	<p>Unit 1 is assessed with an external examination at the end of the academic year. This is a written exam paper that is 1 hour 30 minutes, worth 80 marks. This unit contributes to approximately 33.5% of the student's overall qualification grade.</p> <p>Unit 4 is sub-divided into 3 Learning Aims - A, B and C. Each learning aim has a set assignment, and students are internally assessed via completing and submitting coursework for each assignment. Students are also required to demonstrate a chosen leadership style during a sport and exercise activity. NB: Each assignment permits a first submission and the potential for a second (and final) re-submission. This unit contributes to approximately 16.5% of the student's overall qualification grade.</p>



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	<p>techniques that can be used to enhance performance</p>
<p>13</p> <p><u>BTEC SPORT – Extended National Certificate in Sport Level 3</u></p> <p><u>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</u> Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.</p> <p><u>Unit 3 - Professional Development in the Sports Industry</u> Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities</p>	<p>Unit 2 is assessed with a 'set-task' external examination. After receiving advanced case study information, students will be allocated 2 hours and 30 minutes to answer a series of questions worth 60 marks. This unit contributes to approximately 33.5% of the student's overall qualification grade.</p> <p>Unit 3 is sub-divided into 3 Learning Aims - A, B and C. Each learning Aim has a set assignment, and students are internally assessed via completing and submitting coursework for each assignment. NB: Each assignment permits a first submission and the potential for a second (and final) re-submission. This unit contributes to approximately 16.5% of the student's overall qualification grade.</p>