

Physical Education

Subject:

The Physical Education team believe that no ability is fixed and that through inspiration, challenge, enjoyment and engagement, all students will make progress and reach their full potential. We as a team aim to provide students with a wide variety of opportunities both within the curriculum and extra-curricular to encourage a student's health, wellbeing and lifelong commitment to sport.

By providing Leadership opportunities throughout the curriculum, we aim to build students confidence, self-esteem, and resilience while creating memories and gaining new experiences.

We believe that Physical Education provides rich opportunities for all students to develop their literacy and mathematical skills along with recognising how the social, moral, spiritual and cultural aspects of learning are an integral part of a rich and fulfilling life.

We as a team aim to deliver good / outstanding lessons that engages all students to reach their full potential while relating topics to life experiences.

Team members:

Miss A Oakley - Head of PE
Mr A Thackray - 2nd in PE
Mr A Dales - PE Teacher
Mrs D Dain - Assistant Headteacher (Pastoral)
Mrs P Gaskin - Curriculum Area Teaching Assistant and qualified coach

Facilities:

We have a wide range of facilities including:

- Fitness suite housing a range of modern fitness equipment including rowing machine, bikes, multi purpose weights equipment, free weights and dumb bells.
- Sports hall with 4 x Badminton courts, 1 x Netball court, 1 x Basketball court
- Activities hall to facilitate Dance and Gymnastics with a tiered seating area for performances.
- Hard surface area includes 3 x Netball courts, 2 handball courts and 1 x Basketball court.
- 3 large fields to include 2 x 11 a side football pitches, 1 x 7 a side football pitch, 6 Rounders pitches and an Athletics Track.
- 6 stations of outdoor resistant machines
- PE classroom and Analysis suite

Curriculum Summary: (KS3, KS4 and KS5)

Key Stage 3

- Students are taught in gender split groups at KS3.
- Students follow a three year curriculum of two hours allocated on the time table per week.
- Males and Females will follow set schemes of work and take part in a variety of activities throughout the year including Netball, Football, Rugby, OAA Gymnastics, Dance, Rounders, Cricket and Athletics.
- All students will follow a Health and Fitness scheme of work during wet weather lessons.
- All activities aim to cover a period of 8 sessions apart from OAA which is 4.
- Each scheme of work enables students to make further progress throughout each year developing their expertise in a variety of different activities.

Key Stage 4Year 10

- All students in year 10 have two hours of physical Education per week.
- Sports Leadership Level 1 is offered to all students in year 10. This is a nationally recognised certificate which teaches students skills to become a leader to those students younger than them.
- Those that do not opt for the Sports Leaders Level 1 will continue to access the core PE curriculum and develop their skills from KS3.
- All KS4 schemes of work aim to build upon previous skills learned to develop a student's expertise in a variety of activities.
- All students that access the KS4 curriculum will take part in a variety of activities including Football, Netball, Dance, Handball, Tchoukball, Cricket, Rounders' and Athletics.
- Students are taught in single gender and mixed gender groups.

Year 11

- Students in year 11 have access to one hour of Physical Education per week.
- All year 11 students will follow a set scheme of work in a variety of activities building upon the knowledge, understanding and skills learned in KS3 and year 10.
- All students that access the KS4 curriculum will complete a variety of activities including; Football, Netball, Dance, Handball, Tchoukball, Cricket, Rounders and Athletics.
- Students are taught in single gender groups.

Key Stage 5

- Student have the opportunity to take part in one hour of Physical Education per week. Here they can choose from a variety of activities.

Extra-curricular activities available in the CA:

We offer a wide range of extra curricular activities both at lunch time and after school for students to take part in. These include; Netball, Football, Rugby, Badminton, Dance, Aerobics, Dodgeball, Athletics, Rounders, and Cricket.