



Physical Education Intent, Implementation & Impact

Our Vision

Education should broaden pupils' horizons by taking them beyond the everyday. Physical Education should therefore be education, in, about, and through the physical; based on strong knowledge foundations. Physical Education offers opportunities to build character and embed virtues which will support students as they push for their potential. It enables all students, regardless of background, to explore their physical characteristics as well as learn about themselves and others, as they face and overcome challenges. Physical Education will provide opportunities for students to become physically confident and participate in a range of competitive and physically demanding activities. PE has the power to allow all children the opportunity to excel, and to learn knowledge of how to keep themselves fit and healthy, physically, mentally and socially.

Intent

The aim of core Physical Education is to engender the lifelong love of physical activity and sport. Our goal is to develop confidence and competence in a broad range of physical activities, this will aid pupils with the benefits associated with increased physical activity, these can range from benefits in physical, mental and social health and improved attainment. In a time of increasingly sedentary lifestyles it is vital we instil life changing habits into the next generation. The PE curriculum is designed to ensure that it is accessible to all students. In all years pupils study a range of topics that are relevant to the students and themselves. The nature of a language means that key terminology and vocabulary are regularly revisited throughout all years. This, combined with the retrieval practice exercises that take place each lesson ensure that key terms and vocabulary are important parts of the curriculum.

Our core PE curriculum is split into the following areas:

- **Physical:** Physical and skill-related fitness, Appreciating the effects of exercise on the body
- **Skills:** Developing activity specific skills
- **Performance:** Applying skills in competitive situations
- **Tactics, strategies & rules:** Developing activity specific understanding of tactics and rules
- **Social and mental:** Teamwork, Leadership, Fair play
- **Evaluate:** Review of performance and identifying targets for improvement.

Implementation

Core PE

The department offers a broad and balanced curriculum which covers 9 different sporting activities each year. All students will study 3 hours of Physical Education per fortnight in core PE. Lessons are set in ability groups to ensure appropriate challenge and for safety reasons. Students learn to develop their knowledge and skills from the following groups:

- **Invasion/team games:** (basketball, football, netball, handball, rugby)
- **Net games:** (tennis, badminton, table tennis, volleyball)
- **Striking & fielding:** (cricket, rounders, stoolball)
- **Health, fitness and aesthetics:** (fitness, athletics, trampolining, gymnastics)

The delivery of lessons in Physical Education allows teaching staff to make the most of their own skills, abilities and professional judgements. Alongside this, there are common ways in which the curriculum is implemented across the department:

- Staff have excellent subject knowledge and have subject specialists
- Lessons are appropriately challenging and are taught using high quality evidence based pedagogical techniques
- Students are made aware of their current level and what they must do to progress to the next level
- Students are given the opportunities to achieve through practical and verbal success criteria in lessons
- Students engage in a wide variety of extra-curricular activities outside of lesson time
- Assessment both formal and informal informs teaching
- Use of subject specific vocabulary is embedded from Year 7
- Use of theoretical themes threaded into lessons from year 7
- SEN provision meets the needs of individual pupils ensuring that they have equal access
- PE assessments mirror specifications of practical activities at GCSE
- Extra-curricular provision is designed to complement and enhance activity levels
- After school clubs happen in most activities studied in the curriculum
- We have close links with external clubs and pupils are encouraged to develop their skills by attending
- At KS4 our focus is on personal wellbeing and fitness students will apply the knowledge and skills taught in years 7-9 in a range of competitive, team and solo situations.

GCSE PE

Students can select a GCSE in Physical Education as part of their 'Pathways' choices to start in year 10. The course is delivered outside of core PE time through practical and theoretical lessons and covers the following content:

- Practical performance and assessment in 3 activities
- Applied anatomy and physiology
- Movement analysis
- Physical training

- Use of data
- Sports psychology
- Socio-cultural influences
- Health, fitness and wellbeing

Extra-curricular

The department are very proud of the large range of high quality extra-curricular opportunities that we offer our students. These change each term and cover a wide range of opportunities for students to develop their knowledge, skills and engagement in sport. We provide opportunities to all ages and abilities and encourage students to attend clubs, where they can develop new friendships and work along others who may not be in their PE groups.

The department offers pupils regular opportunities to compete against other schools in the local area and further afield. We also offer residential trips in England, and abroad, to provide students access to outdoor adventurous activities and skiing.

Sports Leader Programme

We provide selected students the opportunity to follow our bespoke 'Sports Leaders' programme in years 8 & 9. Students develop their leadership skills during their training and then deliver events to our local partnership of primary schools. These include individual schools and larger events and tournaments in a wide range of sports. This programme is led by the Primary PE Co-ordinator.

Impact

The impact of our PE curriculum can be seen through a number of measures:

- Physical Education is a popular subject. All pupils take part in lessons and are fully engaged in learning when unable to take part due to injury
- Student outcomes continue to be outstanding at PE option choices
- Many students go on to study a sport related qualification after their time with us
- Internal assessments at examination PE demonstrate that pupils effectively develop PE specific skills
- SEN pupils achieve in line with their peers
- Students can effectively communicate about PE
- PE option choices during the 'Pathways' process will be high
- Student voice surveys indicate that they enjoy PE and the extra-curricular opportunities available to them
- Extra-curricular numbers are high, and students spend their free time representing the school in a wide range of activities
- We are producing successful teams and individuals in a wide range of sports
- House Sport is an integral part of the extra-curricular programme and sports are offered in a wide range of activities. 'Sports Day' is the highlight of these occasions
- We have excellent links with local sports clubs

- Pupils demonstrate our core virtues during lessons and when representing school sports teams