

Years 7, 8 and 9

Physical Education in KS3 is centred around developing their understanding and abilities in a variety of different sports. The focus in Year 7 is to develop fundamental skills and rules in all physical activities covered. In year 8 and year 9 the focus shifts more towards the understanding of strategy and concepts within sports, and students are guided and supported to develop:

- o Individual skills.
- o Make and apply decisions.
- o Enhance physical and mental capacity.
- o Evaluate and improve their own performance.
- o Apply tactics and knowledge of rules in game situations.
- o Make healthy and active lifestyles choices.

This is achieved through a varied timetable. Which allow pupils to investigate two different physical activities per week. This is delivered through a carefully planned curriculum which includes all the physical activities in the table below.

Football	Fitness	Tag Rugby
Benchball	Handball	Basketball
Cricket	Boccia	Athletics
Rounders	Badminton	Dodgeball
Tennis	New Age Kurling	Speed Stack
Lacrosse	Table Tennis	Ultimate Frisbee
Lawn Bowls	Kabbadi	Stoolball

Compulsory Physical Education in Years 10 and 11

KS4 pupils have 2 hours of P.E every week. Learners continue to follow the compulsory elements of the National Curriculum. Including all the physical activities stated in the previous table above. With the aim of developing physical, mental and social skills required for progression in learning and future life experience.

As students' progress into Year 10 and 11 students work more on the improvement of practical skills, techniques and tactics, as well as developing a more independent approach when participating in a game situation.

BTEC Level 1 Introductory Certificate in Sport

Pupils will complete the qualification throughout year 10 and year 11.

Pupils will have two lessons per week. One lesson will be based in the classroom as a theory lesson. The aim of this lesson is to assist pupils in completing coursework. The coursework will go towards their final grade. The second BTEC lesson of the week will be a practical.

Pupils will complete Five units. These are:

1. How Exercise Affects the Body

In this unit you will carry out tests to measure how exercise affects the body. You will explore how the heart lungs muscles and bones work together to help you perform. You will then learn how to present the results of a variety of fitness tests.

2. Playing Sport

In this unit you will develop your knowledge and understanding of skills and techniques needed to be successful in sport. This will be mostly done through playing individual sports. You will then have to breakdown the main skills and techniques of a number of sports and suggest areas of strength and areas improvement.

3. Assisting in a Sports Activity

In this unit you will plan to prepare and assist in the delivery of a sporting activity. This may be a short coaching drill or a PE lesson. You will have to assist making sure that the pupils learn and enjoy themselves. You will develop motivational skills so that people taking part in activity will be fully engaged throughout.

4. Being Organised

Pupils will develop key techniques to help organise their work and priorities / manage their time effectively. This unit helps you understand how to keep on top of work when you have deadlines to meet. This will help you with all your subjects and will also help you when you move on to further education.

5. Developing a Personal Progress Plan

Pupils will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there.

Assessment of the above units will take the form of a mixture of written assignments, written diary, information booklets/posters, video dairy and PowerPoint presentation.

Each assignment will be awarded either a Pass, Merit or Distinction. With different points attached to each grade. On completion of the course these points are added together to give a final course grade of a pass, merit or distinction.

Pupils will also have two core P.E lessons a week where they will take part with the rest of their year group. These lessons are not linked to the BTEC.

The BTEC Level 1 Certificate is broadly equivalent to having a GCSE at grades 1-3

On completion of this course pupils will have the foundation knowledge required to move onto higher level BTECs in Sport or GCSE P.E.