

Physical Education Intent Statement

KS3

Intent

To create an environment of enjoyment where students achieve and grow in confidence in all physical areas. All teaching staff to empower students to lead a healthy, active lifestyle, providing opportunities for all to compete in sport and other activities focusing on Physical, Theory, Social, Healthy and Personal

Purpose of KS3 Learning cycles

- Provide a broad range of activities for all students
- Introducing and make students familiar with the knowledge skills required for KS4 examination courses
- T4W strategies formally used through theory me units
- Educate the whole student in all areas (Physical, Theory, Social, Healthy and Personal)

Goal for every student

- To give students the knowledge and experiences they need to have and lead a healthy and active lifestyle throughout their lives
- To receive the same experience regardless of teacher
- Stretch and challenge all students regardless of their ability
- To enable students to become more resilient, improve their own self-esteem, teamwork and practical skills.
- To focus on the core elements of health and well-being and prepare students to become active
- To experience competitive situations, and be given the opportunity to analyse performances
- For all to improve and build on tactics, techniques and strategies in a sporting environment
- Give students the opportunity to know different strategies to overcome mental or physical challenges.

Implemented pace

Within KS3 PE Lessons are sequence to allow development from one lesson to the next and also from one year to the next. Each unit is broken down taught via 6 lessons on each activity. Activities are delivered at various times, throughout the year, dependent on the group through the 'Me in PE' curriculum. The separate units of the 'Me of PE' curriculum is Physical, Theory, Social, Healthy, Personal and Physical. This is taught through a variety of sports and activities.

Impact

- Assessments completed by all teachers at the same time- guided by set GEM activities
- KPI'S introduced for all students to identify skills they are good at and what skills they need to improve on
- Strong links with CAMNAT course, PSHE and Food Preparation and Nutrition
- Starter quizzes reinforces learning and aids memory recall
- Provide extracurricular experiences
- Increasing the number of whole school staff supporting ex-curricular experiences

KS4

Intent

For students to be involved in a range of activities that develops personal fitness and promotes a life-long active, healthy lifestyle.

Goal for every student

To be given the opportunity to improve their engagement of skills in the following areas:

- Competitive sport
- Health, exercise and dance
- Fitness and Outdoor activities
- Alternative games
- Sports leadership

Students to be offered a wide range of activities to engage and improve in.

Implemented pace

Students will pick two pathways:

Term 1 and 2- first pathway

Term 3 and 4- second pathway

Term 5 and 6- Summer sport choices or some students will be required to attend extra interventions, revision, catch ups and summer sport choices.

Impact

- Inspires all students to succeed in areas they are interested in
- Provides opportunities for students to be physically confident in a way which supports their health and fitness.

KS4 theory PE

KS4 Cambridge Nationals Sport Science - Year 10-11

Overview:

This is a vocationally-related qualification that takes an engaging, practical and inspiring approach to learning and assessment. This course provides students with a broad knowledge and understanding of different aspects of sports science including sports psychology and nutrition and equips students with practical skills such as learning to design and evaluate a training programme.

Post 16 Opportunities:

Cambridge Technical Sport and Physical Activity Level 3, AS / A2 Level, National Diploma, BTEC and Degrees in a variety of PE related subjects as well as careers in professional sports, coaching, fitness, leisure, education, sports science, physiotherapy and much more.

Qualification: Cambridge National in Sports Science

Exam board: OCR

Unit 1 (R041) – Reducing the risks of sports injuries

What is assessed?

Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor.

By completing this unit, learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.

How is it assessed?

This unit is externally assessed by OCR.

Written paper 1 hour – 60 marks

Unit 2 – R042 Applying principles of training

What is assessed?

In the world of team and individual sport, it is vital that coaches keep their performers in peak condition. They do this by regularly monitoring them through fitness tests and by designing bespoke training programmes to suit the type of sport, performance schedule and the individual themselves. High quality training programmes apply principles of training to the requirements of the individual in their development and implementation.

By completing this unit, learners will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.

How is it assessed?

This unit is internally assessed by the Physical Education department and externally moderated by OCR

Assignment marked /60.

Unit 3- R045 Sports Nutrition

What's assessed?

In all walks of life, appropriate nutrition and diet are vital to our health and wellbeing. In the world of sport the right nutrition is as important as the right equipment and the right training methods, because without suitable nutrition a performer's body would not be able to cope with the stresses and strains put upon it. This would lead not only to deterioration in performance, but also in health. The amount of legislation and media coverage that surrounds the use of supplements in elite sport, some of which are approved and some of which are prohibited, highlights the value placed on nutrition in modern day sport.

By completing this unit, learners will consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients in particular quantities and the effects of a poor diet. They will reflect upon the role that diet plays in different sports and activities, and use the knowledge gained to produce an appropriate, effective diet plan for a performer.

How is it assessed?

This unit is internally assessed by the Physical Education dept. and externally moderated by OCR.

Assignment marked /60.

Unit 4- R043 The Body's Response to Physical Activity

What's assessed?

It is recognised that physical activity is essential in maintaining good health. Many careers within the sport, leisure and health industries require employees to have an understanding of how the body changes and responds to physical activity. With this knowledge it is possible to improve body systems to optimise sports performance and promote healthier lifestyles.

By completing this unit, learners will understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems and investigate some of the changes which occur to them in response to short and long-term physical activity.

How is it assessed?

This unit is internally assessed by the Physical Education dept. and externally moderated by OCR.

Assignment marked /60.

Cross-curricular

Literacy

Numeracy

PSHE

Extended writing, spelling, punctuation and grammar. Reading through case studies for meaning, locating, extracting and commenting on language and the analysis of information.	Tables Time lines Bar charts & line Graphs Weights Power= strength x speed use of timing Measurements Heart rates, stroke volume and cardiac output.	Current affairs Relationships Health- Healthy balanced diet Religion Politics/Government Importance of exercise for a healthy lifestyle.
Support and revision		
Period 6 sessions compulsory for Year 11 Period 6 sessions optional for Year 10		

KS5

KS5 Cambridge Technical Level 3 Sport and Physical Activity - Year 12-13

Overview:

This is a vocationally-related qualification that takes an engaging, practical and inspiring approach to learning and assessment. This course provides students with a broad knowledge and understanding of different aspects of sports and physical activity including anatomy & physiology, performance analysis, practical skills in sport and sports injuries.

The course is currently offered in two sizes to give students a range of different units of study and qualification outcomes. We hope to offer a third larger qualification in the future

- Extended Certificate (360 GLH) is equivalent to 1 A-Level
- Diploma (720 GLH) is equivalent to 2 A-Levels

An outline of the mandatory units are listed below

Opportunities beyond Post 16:

This course is not just about the results you gain; it's about educating people in the knowledge and skills required for employment and the community as a whole. It's also about developing the behaviours and attributes needed to progress and succeed in education and work

The larger course provides a more direct pathway into employment within the sports and physical activity sector, primarily Sports Coaching or Personal Training. Alternatively, any course can be a good platform for further study at university or other education providers

Qualification: Cambridge Technical in Sport & Physical Activity

Exam board: OCR

Unit 1 – Body Systems and the Effects of Physical Activity

What is assessed?

Whether your students are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help them to ensure that their clients gain the benefits of an active, healthy lifestyle. By understanding the effects that physical activity, training and lifestyle can have on the body systems, students can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing, and will help them to persuade others to pursue and maintain a balanced, active and healthy lifestyle.

In this unit students will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity, training and lifestyle can have on them

How is it assessed?

This unit is externally assessed by OCR.

Written paper 1 hour 30 minutes

90 Guided Learning Hours

Unit 2 – Sports Coaching and Activity Leadership

What is assessed?

At some point throughout their lives, everyone will have experienced being coached or taught about sport and physical activity. The importance of a high-quality coach or leader cannot be underestimated. The increasing demand for both young and old to learn and develop physical skills and sporting skills presents new and exciting opportunities for coaches, leaders and National Governing Bodies (NGBs). Through coaching and leading, your students can learn a set of skills in communication, adaptability and inclusivity which will prove valuable in other aspects of their life such as work and study.

This unit will give students an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of sports participants. They will explore the roles and responsibilities of coaches and leaders and how these differ from each other and be involved in delivering and teaching sport and physical activity. The main part of the unit is related to your students developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions, reflecting on their own practice and using this feedback to improve their performance as a sports coach or activity leader.

How is it assessed?

This unit is internally assessed through completing coursework assignments. These will be internally marked and assessed by the Physical Education department and externally moderated by OCR

90 Guided Learning Hours

Unit 3 – Sports Organisation and Development

What is assessed?

The organisation of sport in the UK can be quite complex with multiple agencies and organisations, both inside of and outside of the UK, working together at different levels on different agendas. One of the key areas which most, if not all, of the organisations involved in sport in the UK are concerned with is sports development and the increase of participation in sport and physical activity, to not only improve the health of the nation, but also to aid the development of elite athletes who can compete and achieve on an international level.

In this unit your students will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development including the organisations involved, who sports development is targeted at, why sports development is carried out and how the success of sports development initiatives can be measured.

How is it assessed?

This unit is externally assessed by OCR.

Written paper 1 hour 30 minutes

60 Guided Learning Hours

Unit 4 – Working Safely in Sport, Exercise, Health and Leisure

What is assessed?

Whether you are a coach, fitness instructor or recreational assistant, being able to maintain a high level of safety is essential for a successful career. Identifying emergency procedures that may arise, and being able to deal with them, will give your students the skills to deal with such situations.

Throughout the unit students will gain an understanding of key safety requirements to be able to ensure their own, and their clients' safety. Topics include; understanding key health and safety legislations, knowing how to administer emergency first aid, understanding roles, responsibilities and reporting duties in safeguarding children and vulnerable adults, and finally knowledge of key health and safety documents, including how to carry out risk assessments.

How is it assessed?

This unit is externally assessed by OCR.

Written paper 1 hour 30 minutes

90 Guided Learning Hours

Unit 5 – Performance Analysis in Sport and Exercise (Diploma Only)**What is assessed?**

For competitive sports performers, even the smallest margins in time and/or distance can mean the difference between winning or losing, success and failure.

Even for performers who are not competing at the top level, the desire to improve and 'be the best that I can be' means that analysing performance and getting constructive feedback is an important part of participating in sport and exercise.

This unit will give your students the skills and knowledge required to carry out performance profiling and analysis, and deliver feedback to the performers in a manner that is suitable for them

How is it assessed?

This unit is internally assessed through completing coursework assignments. These will be internally marked and assessed by the Physical Education department and externally moderated by OCR

60 Guided Learning Hours

Unit 8 – Organisation of Sports Events (Diploma Only)**What is assessed?**

Sports events vary in size, impact and purpose, but all involve sharing a passion and love for different sporting activities. From local leagues and competitions to mega events such as the Olympics, sport has the power to bring people together for a common aim or purpose. Events such as the London Marathon and Sport Relief demonstrate an individual's drive and purpose in raising money for charity through sport. Also, local voluntary sports clubs organise and run events to increase participation and numbers and to help raise funds for their grass-root teams.

This unit is designed for your students to develop skills in planning, promoting and delivering a sports event; with a focus primarily on their individual role, as well as working as part of a team and reflecting on their input and future personal development. This unit will enable students to establish transferable skills which can be used within sport and active leisure, as well as within the fitness industry. It will also enhance skills such as team work, organisation and safeguarding awareness

How is it assessed?

This unit is internally assessed through completing coursework assignments. These will be internally marked and assessed by the Physical Education department and externally moderated by OCR

Unit 11 – Physical Activity for Specific Groups (Diploma Only)

What is assessed?

Sport and physical activity isn't just for those that are good at it. The benefits of participating in sport or physical activity can be huge, for some more than others. Unfortunately, sometimes it is those that would benefit from it most that are the hardest to get involved and engaged in participation.

This unit will allow your students to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support students in planning suitable physical activity sessions for the groups identified and the considerations that need to be taken into account for each of them

How is it assessed?

This unit is internally assessed through completing coursework assignments. These will be internally marked and assessed by the Physical Education department and externally moderated by OCR
30 Guided Learning Hours

Unit 17 – Sports Injuries and Rehabilitation (Diploma Only)

What is assessed?

If considering a future as a sports coach or leader, fitness instructor or a leisure or recreational assistant, your students will need to know the different causes, types and signs and symptoms of sports injuries, and the possible longer-term effects of these on the injured participant, both physical and psychological. This will allow students to support the injured participant appropriately, whether as part of the immediate response or a longer-term rehabilitation programme, to avoid causing them further harm and speed up their safe return to participation. However, prevention is better than cure, so an understanding of risk factors and how to minimise these risks will help maintain a safe environment and help participants to stay injury free in the first place.

This unit will teach students how to recognise and treat common sports injuries both immediately and through longer-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.

How is it assessed?

This unit is internally assessed through completing coursework assignments. These will be internally marked and assessed by the Physical Education department and externally moderated by OCR
60 Guided Learning Hours

Unit 18 – Practical Skills in Sport and Physical Activities (Diploma Only)

What is assessed?

Most people who work in sport and physical activity do so because they are passionate about their particular sport or activity; a passion that is usually borne out of participating themselves. An effective coach or leader is able to demonstrate skills accurately or offer detailed explanations of tactics and strategies because they have experienced them themselves through their own participation.

This unit gives your students the opportunity to participate in a number of different sports and outdoor activities which allows them to experience, first-hand, situations that participants they may later be coaching or leading will come across. In this unit students will learn how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor activities which will allow them to participate effectively, safely and enjoyably

How is it assessed?

This unit is internally assessed through completing coursework assignments. These will be internally marked and assessed by the Physical Education department and externally moderated by OCR
60 Guided Learning Hours

Cross-curricular		
Literacy Extended writing, spelling, punctuation and grammar. Reading through case studies for meaning, locating, extracting and commenting on language and the analysis of information.	Numeracy Tables Time lines Bar charts & line Graphs Weights Power= strength x speed use of timing Measurements	PSHCE Current affairs Relationships Health- Healthy balanced diet Religion Politics/Government Money/Finance Importance of exercise for a healthy lifestyle
Support and revision		
<p>The PE department offer regular revision sessions as well as support and catch up for coursework units after school. Students will be expected to be proactive with attending support sessions where necessary, as well as utilising study time to read around the subject and develop their own personal attributes needed for the course.</p> <p>Complimentary to the Cambridge Technical Level 3, we will also be offering Sports Leaders UK Level 3 qualification. This will further enhance and support learners who want to pursue a career in the Sport and Physical Activity sector.</p>		