

PHYSICAL EDUCATION

Curriculum Overview

The Physical Education Department uphold a true 'commitment to Empower students, to develop the importance of courage and enhance the skills of leadership ' in all that we do. We aim to provide pupils with many different experiences within a diverse and engaging curriculum that challenges them both physically and academically. As a department, our primary aim in PE is to provide children with a wide range of physical experiences, knowledge and skills so that they may be more likely to make healthy and active life style choices in the future.

In Years 7 and 8, we encourage all students to develop greater tactical and strategic awareness in all team sports as well as continuing to hone individual technical abilities. Students will also develop an understanding of theoretical concepts such as health, nutrition, hygiene, hydration and the different fitness components.

Physical Education is an academic subject which is studied at GCSE and A Level and is a subject that is highly respected within the school.

Autumn	Spring	Summer
<ul style="list-style-type: none">• Health & Fitness (Base line tests)• Badminton• Gymnastics	<ul style="list-style-type: none">• Basketball• Volleyball• Football	<ul style="list-style-type: none">• Rounders• Cricket• Athletics

Homework & Assessments Overview

- End of unit Assessments linked to the PE National Curriculum
- Unit assessments for each practical sport through peer and teacher assessments
- End of term theoretical written exam linked to GCSE themes

Useful Resources

- KS3 Physical Education Booklets
- <http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles/physical-activity>
- <http://www.sportdevelopment.info/>
- http://www.bbc.co.uk/health/treatments/healthy_living/nutrition/life_adolescence.shtml

Practical tips / activities for parents to support learning at home

- Supporting the Physical Education department in ensuring that your child has their correct physical education uniform every lesson
- Attending a range of extra-curricular sporting clubs – before school, lunchtime & afterschool
- Representing the school in Borough, County and Regional School competitions
- Promoting healthy lifestyles and participation in structured & unstructured sport outside of school e.g links to local sporting clubs