

<b>Subject</b>	Physical Education
<b>Curriculum intent</b>	<p>The Physical Education Department aims to develop students to have a lifelong love of physical activity, through a stimulating curriculum igniting a passion for being active and healthy.</p> <p>We also aim for our students to be successful in both Sport and PE courses by developing their skill and knowledge across a range of activities.</p>
<b>Key Stage 3</b>	<p>Students have one double and a single lesson of PE per week in Year 7 and 8 and then one double in Year 9. Students follow a Threshold Curriculum where they acquire and develop a range of skills and qualities across a variety of assessment objectives, skills and practical performance, strategies and tactics, rules and regulations, health and fitness, leadership and analysis and evaluation. They are assessed over a broad range of activities including invasion games, net and wall, fitness and aesthetic activities as well as athletics.</p> <p><b>Overview</b></p> <p>Students will participate in a range of activities and sports; through which they will develop their skills and practical performance. The curriculum is evaluated at the end of each academic year to ensure the correct activities are offered to each group independently.</p> <p>Cycle 1 - Rugby, Netball, Football, Badminton, Basketball, Dance, Handball, Trampolining, Components of Fitness and Fitness Testing</p> <p>Cycle 2 - Netball, Football, Hockey, Swimming, Basketball, Trampolining, Dance, Trampolining,</p> <p>Cycle 3 - Cricket, Rounders, Softball, Athletics, Swimming, Tennis.</p> <p>Assessment is continuous from the initial base assessment through to formative feedback and target setting in every unit of work. All assessments are made against age appropriate expectations of the students with a summative end of unit evaluation taking place. Students are encouraged to continually use some form of self-assessment and peer-assessment throughout each activity. Assessment is also supported by overall performance and ability seen in extra-curricular clubs.</p> <p><b>Threshold Concepts</b></p> <p><b>TC1: PHYSICAL</b> - To understand and develop sport specific skills to enable lifelong participation in physical activity.</p> <p><b>TC2: MENTAL</b> - The ability to develop successful decision making and problem solving skills in a variety of sporting scenarios.</p> <p><b>TC3: SOCIAL</b> - The ability to use effective communication and teamwork skill when working as a performer, leader and official.</p>
<b>Key Stage 4</b>	Students continue to have a double lesson of PE per week but follow a more options based pathway ensuring the curriculum is personalised to the student.

	<p>This develops confidence for participation in sport and physical activity beyond school.</p> <p>In addition to their core PE lessons, we offer students the following options to study examination Physical Education: <b>GCSE PE, Cambridge National Award</b> or <b>BTEC Dance</b>.</p> <p><b>GCSE Physical Education</b> follows the AQA exam board and is made up of two exams (60%), practical assessment (30%) and a coursework element (10%). Students study a range of topics physiology, psychology, health and physical participation, sports science, nutrition and socio-economic factors affecting sports participation.</p> <p><b>Cambridge National Award</b> offers a completely different pathway where the majority of the course is made up of coursework (75%) with one exam (25%). The exam focuses on contemporary issues in sport and the remaining units cover practical sports performance, developing knowledge of skills in sport and the media and sports leadership. There are some practical elements to the course where students are assessed in individual and team sports.</p> <p><b>BTEC Technical Award in Performing Arts (Dance)</b> is a great course for those pupils who have a strong interest in dance. This is a Level 2 qualification and is equivalent to one GCSE. The course develops theoretical knowledge and practical skills in a range of dance styles over three components studied during the two year course; two of which are internally assessed and one which is externally assessed.</p>
<p><b>Key Stage 5</b></p>	<p>BTEC National in Sport, is a two year course for students who have a serious desire to have a career in the sports industry. This is a theoretical and practical course that provides progression into higher education or employment. We offer 3 courses, Extended Certificate (1 A-Level), Diploma (2 A-Levels) and Extended Diploma (3 A-Levels). Students will study three mandatory units</p> <ul style="list-style-type: none"> <li>● Anatomy and Physiology</li> <li>● Fitness Training and Programming for Health, Sport and Wellbeing</li> <li>● Professional Development in the Sports Industry</li> </ul> <p>Then depending on the qualification chosen students will study further units from the following:</p> <ul style="list-style-type: none"> <li>● Sports leadership</li> <li>● Sports Psychology</li> <li>● Practical Sports Performance</li> <li>● Application of Fitness Testing</li> <li>● Coaching for Performance</li> <li>● Sports Event Organisation</li> <li>● Research Methods in Sport</li> <li>● Development and Provision of Sport and Physical Activity</li> <li>● Investigating Business in Sport and the Active Leisure Industry</li> <li>● Skill Acquisition in Sport</li> <li>● Technical and Tactical Demands of Sport</li> </ul>
<p><b>Enrichment</b></p>	<p>We offer a wide variety of extracurricular activities, including lunchtime and after school clubs, across a broad range of activities. The school also competes at a high level in a range of sports across the Cannock and District Sports Association, competing against 17 other schools. Our school has been</p>

successful at football, netball and athletics over the past few years.

Alongside this, we have an extensive range of inter-house competitions for students to get involved in. This includes inter-house competitions during PE lessons and annual events such as Sports Week and Sports Day in the summer. There are also a vast array of competitions held across Windsor Academy Trust where involvement in a competitive level of sport is celebrated.