

Physical Education

Subject Vision

Physical activity is the beating heart of the PE curriculum. Through a wide range of health, well-being and practical activities, students improve fitness levels as well as developing and applying their knowledge. A life-long love of physical activity is nurtured through the development of socially, physically and emotionally strong and confident young women.

Topics/Units being studied

Key Stage 3

Year 7	Year 8
6 week block on each activity: Netball Basketball Athletics Outdoor Adventurous Activities (OAA) Cricket Dance	4 week block on each activity: Netball Outdoor Adventurous Activities (OAA) Rounders Gymnastics Badminton Football
Year 9	
4-week block on each activity: Netball / Basketball Athletics / Rounders First Aid and Basic Fitness Badminton Football / Tag Rugby Outdoor Adventurous Activities (OAA) Confident Fitness (Trampolining, Dance, Boxercise, Yoga) Tactics and Strategies (Handball, Dodgeball, Cricket)	

Key Stage 4

Year 10	Year 11
<p><u>Core PE Lessons – Bronze Duke of Edinburgh’s Course</u></p> <ul style="list-style-type: none"> • Skill section • Physical section • Volunteering section • Expedition section <p>The following units help support the completion of the above DofE sections. Students get to choose which they study for these sections.</p> <p>Expedition Training</p> <ul style="list-style-type: none"> • Equipment • Cooking • Camping • External Considerations • Navigation <p>Personal Exercise Programme</p> <ul style="list-style-type: none"> • Components of fitness • Fitness testing • Gym induction • Programme planning • Training programme completion • Evaluation <p>St John’s Ambulance First Aid Award</p> <ul style="list-style-type: none"> • Minor injuries • Intermediate injuries • Major injuries <p><u>Cambridge National in Sports Studies</u> This is an additional course that students opt to take. This is the equivalent of a GCSE grade.</p> <ul style="list-style-type: none"> • Unit R184 Contemporary Issues in Sport • Unit R185 Performance and Leadership in Sports Activities • Unit R187 Increasing Awareness of Outdoor Adventurous Activities 	<p><u>Core PE Lessons – Mindfulness Curriculum</u></p> <p>Students take part in a range of practical and classroom based activities to destress, be empowered and practice mindfulness in this examination year for them.</p> <p>Ways To Keep Fit and Destress</p> <ul style="list-style-type: none"> • Basketball • Badminton • Cricket • Rounders • Dodgeball • Fitness • Benchball • Cycling <p>Life Skills and Mindfulness</p> <ul style="list-style-type: none"> • Emotions through film • Nutrition documentary • Deep Breathing • Visual Imagery • Positive Distractions • Massage • Meditations • Yoga • Sleep and Recharge • Gym Induction and Fitness Session (GLL) • Mindfulness Through the Senses • Body Scanner <p><u>Cambridge National in Sports Studies</u> Continuation of course from Y10</p> <ul style="list-style-type: none"> • Unit R184 Contemporary Issues in Sport • Unit R185 Performance and Leadership in Sports Activities • Unit R187 Increasing Awareness of Outdoor Adventurous Activities

Key Stage 5

Year 12	Year 13
<p><u>Level 3 Sports Leaders</u></p> <ul style="list-style-type: none"> • Unit 1: Developing Leadership Skills • Unit 2: Plan, lead and evaluate a sports/physical activity event • Unit 3: Lead safe sport/physical activity sessions • Unit 4: Plan, lead and evaluate sport /physical activity sessions in your community • Unit 5: Plan, lead and evaluate sport/physical activity sessions for children • Unit 6: Plan, lead and evaluate sport/physical activity sessions for disabled people <p><u>Silver/Gold Duke of Edinburgh's Award</u></p> <ul style="list-style-type: none"> • Skill section • Physical section • Volunteering section • Expedition section • Residential section 	<p><i>Students with anything outstanding for their Duke of Edinburgh's Award or Sports Leaders Award will be able to continue with this in Y13 – but nothing new will be started.</i></p>

Additional information

All KS3 students complete a Duke of Edinburgh's Award Cadets course as part of the OAA curriculum. This will give them an insight into the Bronze Award they are all entered for in Y10 PE. Completing volunteering, physical and skill hours in their own time through Y7-9 will contribute to certification of the course at Y9 Graduations

We also offer the GCSE PE course as an alternative to the Cambridge National qualification should this be a more apt course for the examination cohort/class. All Y9 students are given 'KS4 taster sessions' during Half Term 2, supporting them to make the right option choices for themselves.

Extra-Curricular

All students from Y7-11 can access any of the after school clubs, these are held 3-4pm.

Contact information

If you have any questions on the curriculum that your daughter will be studying, please contact one of the following:

Head of Faculty: Mrs R Davison

Assistant Head of Faculty: Miss S Clarke