

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	Year 9
6 week block on each activity: Netball Basketball Athletics/Fitness Outdoor Adventurous Activities Cricket/Rounders Dance	4 week block on each activity: Netball Basketball Athletics Fitness Outdoor Adventurous Activities Rounders Dance Gymnastics Badminton Football	4 week block on each activity: Netball Basketball Athletics Fitness Rounders Badminton Football PLUS 1 week taster session on each activity: Handball Cricket Yoga Tag Rugby Dodgeball Gymnastics Cycling Dance Boxercise Orienteering

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>Leadership</p> <ul style="list-style-type: none"> • Introduction into leadership • Planning a session • Delivering a session • Evaluating a session • Umpiring • Event planning <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 • Ultimate Frisbee • Dodgeball • Fitness • Benchball • Netball • Cycling <p>Life Skills and Mindfulness</p> <ul style="list-style-type: none"> • Emotions through film • Nutrition documentary • Gratitude • Women Empowerment • Lionesses/Inspirational Women in Sport • Deep Breathing • Visual Imagery • Positive Distractions • Self Defence • Tai Chi • Massage • Meditations • Yoga <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

We are trialling a new curriculum in Y7 this academic year and if 6 week blocks work better for staff and students we will be rolling this out into Y8 and then Y9.

Year 8 students complete a DofE Cadets Award as part of their OAA lessons

Year 11 students get inducted and have access to the GLL gym as part of their post 16 fitness lessons

MMU regularly come in to give health talks to our KS3 classes

Y7&8 students have the opportunity to complete learn to ride a bike and complete Level 1 and Level 2 qualifications with Bikeability.

Extra-Curricular

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



Extra-Curricular Timetable



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Daily Mile & Hire Shop Y7 EBU	Daily Mile & Hire Shop Y8 DMU/VNE	NO CLUBS	Daily Mile & Hire Shop Y9 RDV/JLA	Daily Mile & Hire Shop Y10 & Y11 SCA
	Football Y8	Football Y7		Football Y10 & Y11	Football Y9
AFTER SCHOOL	Football MUFC Coaching	Netball JOB / RDV / EBU Level 3 Sports Leaders DMU	Sports Leaders JLA / VNE Badminton DMU	Football JLA Basketball SCA Fitness EBU	Athletics VNE

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